

A large, stylized white lightning bolt graphic is centered on a gray background. The bolt is jagged and extends from the top to the bottom of the page. The text is overlaid on the bolt.

Fort Worth Independent School District  
Athletic Department

Weather Safety Procedures

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## Extracurricular Practice During Hot Weather

The Athletic Department will notify Principals who then will alert all coaches and sponsors of in-season activities and athletic classes when the temperature-humidity index (THI) reaches 105°. All outside extracurricular activities will be suspended and students returned to the dressing room or school building.

**Athletic teams** will be allowed to practice outside under the following guidelines:

1. Athletic trainers will be on the practice field.
2. Players will have free access to water throughout practice.
3. Cold towels will be available for cool downs during breaks and when the athletic trainers deem it necessary.
4. Frequent rest breaks with helmets off are necessary throughout practice. Fifteen (15) minutes of every hour mandatory.
5. Extra conditioning, such as wind sprints, agility drills, and distance running, will be eliminated.
6. Athletes with asthma must have the freedom to sit out **without penalty** if they are having problems.

**Bands** will be allowed to have practice outside under the following guidelines:

1. During the "hot season", August through Labor Day (and later, if the heat index continues to be a problem), marching rehearsals will be scheduled to begin at 6:00pm or 6:30pm. Bands may practice outside in the morning, but not in the evening unless the heat index is 105° or lower.
2. Actual "work periods" will be 20-30 minutes, followed by water and cooling-off periods of 5-10 minutes. During these work periods, actual physical activity lasts for only a few seconds at a time because they are in the early learning stages of a marching drill. Shorter work periods can be used, depending on the temperature and heat index, as the drill is learned, and the movement time lengthened.
3. Students will be asked to bring their own water bottles, possibly attached to their bodies, so that they may drink at any time during "work periods".
4. Students will be asked to bring a damp or wet towel, perhaps inside a plastic bag, to use to cool off their faces and the back of their necks when needed.
5. Ice, obtained from the athletic training room or cafeteria prior to practice, may be available on the practice area.
6. Students will be attired in shorts and loose-fitting apparel.
7. Students will be strongly encouraged and given time to hydrate their bodies by drinking large amounts of water before going outdoors.

8. A portable radio will be carried by one of the band directors to be in immediate contact with an athletic trainer should an emergency arise during marching rehearsals.
9. At football games early in the season, shorts and loose-fitting clothing will be worn instead of the regular marching uniform.
10. Students will be educated regarding physical conditioning and proper diet by the band director.
11. Emergency precautions will be taken by the band director regarding health concerns and emergency phone numbers will be available.

## **Secondary Schools Athletic Games and Scrimmages Hot Weather Procedures**

Procedures when the THI factor is 105°

Due to commitments with other school districts and with officials, it is extremely difficult to cancel games without disrupting the working relationships with other districts and the officials association.

1. Varsity Games and Scrimmages:

All varsity games will be played as scheduled. Coaches and trainers should monitor the heat index carefully and take appropriate measures to ensure that athletes do not become overheated. This would include plenty of water, cold wet towels, ice, and adequate rest for each athlete, and close monitoring of each athlete for symptoms of heat exhaustion or heat stroke. Mist fans are available at central sites.

2. Junior Varsity, and Freshman Games and Scrimmages:

Trainers are to be at each contest and will follow the same procedures as the varsity. If the games are played between 4:00pm and 7:00pm, the coaches and trainers should gain approval from the officials and the other team for additional timeouts and longer half-time breaks.

3. 7th and 8th Grade Games and Scrimmages:  
Follow all the above procedures.

## Hot Weather Hints for Athletic Conditioning

Early fall athletic practice is frequently conducted in very warm and highly humid weather. Under such conditions, special precautions should be observed according to the committee on the Medical Aspects of Sports of the American Medical Association. Otherwise, the athlete is subject to:

1. **Heat syncope:** Fainting or near fainting following dizziness, usually while running or after a sudden change in position. Caused by a drop in blood pressure as the brain is deprived of oxygenated blood.
2. **Heat cramps:** Tightening or spasms of active muscles, without loss of consciousness. Caused by an electrolyte imbalance.
3. **Heat exhaustion:** Dizziness, fatigue, nausea and vomiting, which may be accompanied by irrational behavior of belligerence and some muscle cramping. Loss of consciousness may occur.
4. **Heat stroke (sun stroke):** Acute medical emergency. Extremely high body core temperature 106-108° Fahrenheit, no perspiration (hot, dry skin), disorientation, muscle twitching, convulsions, coma and possible death.

### Treatment:

For heat syncope, heat cramps, and heat exhaustion, move victim to a cooler, shaded area, elevate feet (or lower head), loosen or remove clothing, offer fluids by mouth, and cool skin with wet compresses or a fan. Activate the emergency medical (EMS) by dialing 911.

For heat stroke, activate EMS. Oral fluid intake is not likely, but the other steps described above should be taken while waiting for the arrival of a rescue squad.

### Prevention:

Follow guidelines for restricting activities based on the heat stress index. Temperature and relative humidity can be determined by using a sling psychrometer or can be obtained by listening to weather broadcasts.

Athletes should exercise preconditioning, heat acclimatization and water-replacement regimens. As the athlete becomes accustomed to hot weather activity, he or she perspires more freely (and thus dissipates body heat) and excretes salt (and thus conserves sodium).

With a graduated training regime, such acclimatization can be expected to take place over a period of about one week.

Wear lightweight, light-colored, loose clothing.

Learn to recognize those people who may be predisposed to heat illness; victims of chronic disease, obesity, etc., and watch them closely.

Conclusion:

The possibility of heat problems still exists at lower levels of the "Index", and caution should be observed during any time of the day.

Practice very early or late in the day, but you still must consider the THI.

Free access to **WATER ANY TIME, BEFORE, DURING, AND AFTER PRACTICE, WILL BE ENCOURAGED. Give students a chance to drink water between individual drills and plays during scrimmages.** Salt should be added to food if needed, but plain water is the safest, most effective drink during practice.

Other methods for increasing safety and comfort during hot weather practice include providing shade, misters, fans, cold towels, and most importantly, **LOTS OF WATER.**

Pull the student from practice if he/she looks worn out, is not sweating or experiences chills. Watch athletes carefully for signs of trouble, particularly the determined athlete who may not report discomfort. In the majority of heat related problems, the student/player has a contributing experience 24 hours before the problem. The contributing factor may be lack of sleep, or something taken internally, such as liquid, food, or medicine.

## Excessive Heat, Humidity Pose Danger to Students

Record-breaking heat waves pose unprecedented threats to the health of students. It is critically important that physical education teachers, coaches, band and drill team directors, and all who supervise physical activity understand the risks to students who exercise in hot humid conditions. The risk of suffering heat exhaustion or heat stroke significantly increases as temperatures reach 90°F with humidity as low as 20 percent.

Therefore, please review points as you develop your lesson plans and practice schedules.

- Start slowly, and take your time getting the kids "back in shape". Even star athletes often return to school having lost the aerobic capacity they may have had at the close of last season.
- Advise students to wear light-colored, loose-fitting clothes that allow air to cool the skin.
- Ensure that your students drink fluids even before they feel thirsty. Their awareness of thirst may lag behind their need for fluid. Always urge students to drink water before, during and after exercise.
- Children can become acclimated to hot weather exercise, but must be allowed to do so gradually. Students involved in moderate-to-vigorous exercise daily will need to 5-to-7 days to adjust to exercising in the heat. Those on more irregular exercise schedules will take longer to adapt.
- If students must exercise outside, they should begin with a 1-to-2 ratio of exercise to rest schedule. For instance, every five minutes of moderate to vigorous exercise should be followed by 10 minutes rest and fluid replacement. Likewise, 10 minutes exertion warrants 20 minutes rest and fluid intake. As students adapt to the heat, gradually increase their exercise time as you decrease break time.
- Water is the best fluid for your body. However, fluids that contain no more than 7 percent sugar (sport drinks) also are acceptable.

### Watch for these warning signs of heat illness

No two students are exactly alike, which means you must constantly monitor **all** your students or athletes for signs of heat-related illness. **Students may try to ignore the seriousness of heat illness, but coaches and directors must take no chances when symptoms appear.** Learn to recognize the warning signs of the most dangerous forms of

heat illness, **heat exhaustion and heat stroke**. Be ready to respond immediately with appropriate care.

Condition	Symptoms	Response Care
Heat Exhaustion	<ul style="list-style-type: none"> <li>▪ Normal or slightly elevated body temperature</li> <li>▪ Pale, clammy skin with profuse perspiration</li> <li>▪ General weakness with possible headaches</li> <li>▪ Nausea and/or vomiting</li> <li>▪ Dizziness and/or fainting</li> </ul>	Stop activity immediately. Get victim to a cool, dry environment and drink plenty of fluids. Do not resume activity until normal fluid balances re-established (1-2 days)
Heat Stroke	<ul style="list-style-type: none"> <li>▪ High body temperature (106°F or higher)</li> <li>▪ Hot, red and dry skin conditions</li> <li>▪ Rapid and strong pulse</li> <li>▪ Victim may be unconscious</li> </ul>	Requires immediate medical attention. While waiting for medical response, get victim to cool environment.

Guidelines recommended by the Texas Association for Health, Physical Education, Recreation and Dance

## Heat-Stress Precautions

- Drink plenty of fluids; avoid drinks containing sugar.
- Plan strenuous outdoor activity for early or late in the day when it is cooler.
- Stay indoors and in an air-conditioned environment as much as possible unless your heat tolerance is well established. If air-conditioning is not available, pull shades over windows and use cross-ventilation and fans to cool rooms. In very high temperatures and humidity, turn off fans or aim them towards windows.
- Take frequent breaks when working outdoors.
- Eat more frequently but make sure meals are well balanced and light.
- Consult with a physician about effects of sun and heat exposure while taking prescription drugs such as diuretics, antihistamines or other drugs.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler place, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if conditions do not improve.
- Wear sun block, hats and loose, light clothes to protect skin from sun's harmful rays.

## A Guide to Preventing Hot Weather Illness

### Sweating Out a Texas Heat Wave

*Hot weather is a part of life in Texas, but long stretches of record-breaking heat and drought are extraordinary. During these prolonged heat waves, the risk of heat-related illnesses, injuries and deaths climbs dramatically.*

#### What is the danger?

According to health experts, one of the most dangerous factors during excessively hot weather is the addition of humidity. The combination of heat and humidity results in heat stress on humans and animals by interfering with the body's ability to cool itself through sweating. Victims of prolonged or high heat stress can develop heat cramps or heat exhaustion. If heat stress continues, the condition can progress to heat stroke and death.

#### What are heat illness symptoms?

The warning signs of heat and illness can be mild or severe, but all are important danger signals. The most serious heat-related conditions are heat exhaustion and heat stroke. Signs of **heat exhaustion** include:

- profuse sweating
- paleness
- muscle cramps
- tiredness
- dizziness
- headache
- nausea or vomiting
- a weak-but-rapid pulse
- fast and shallow breathing
- fainting

#### Heat exhaustion can progress to heat stroke.

Heat stroke occurs when the body's cooling system fails. Sweating stops, and the body temperature can quickly exceed 106°F. Among heat stroke's symptoms are:

- extremely high (*usually more than 105°F orally*) body temperature
- red and dry skin
- failure to sweat
- rapid pulse
- throbbing headache
- dizziness
- nausea
- confusion
- seizures
- unconsciousness

Coma, paralysis and death can follow if emergency treatment is not immediately given.

### **Who is most at risk?**

Prolonged or intense heat stress can be fatal to anyone, but people older than 60 appear to have the highest risk for death from heat illness, especially if they are frail, or have pre-existing heart disease, respiratory problems or diabetes. To a lesser extent, babies and young children--especially those left unattended in cars or enclosures--people with a history of alcoholism and others using certain drugs and medications are at high risk of heat illness.

People most at risk of heat illness from exertion may include: athletes, military personnel, manual laborers, farm workers and people who have diabetes or are obese. Anyone not acclimated to high temperature and humidity may become ill during exertion.

### **How can you help someone with heat illness?**

If the victim shows signs of **heat exhaustion**, help the victim to gradually cool off with water or non-alcoholic, caffeine-free drinks. Other treatments may include cool showers, rest in an air-conditioned place and wearing less clothing. If the victim shows signs of **heat stroke**, get the victim into shade or a cooler area, call 911 for emergency medical service and use any means to start cooling, such as immersing in cool water, spraying with a garden hose or fanning vigorously. Continue cooling efforts until the victim's temperature drops to 101-102°F. If emergency personnel have not arrived, call a hospital for advice. Get medical help as soon as possible.

### **How can you avoid heat stress?**

Using common sense to stay cool is the most important protection and taking responsibility to help older people, young children and others is the most important protection a family or community has for the health of all its members. In excessive heat:

- Drink two-to-five times more than usual amounts of water and non-sugar, non-alcoholic beverages to replace fluids lost in perspiration.
- Wear loose-fitting, lightweight, light-colored clothing and wide-brimmed hats while in the sun.
- Use sunscreens with an SPF 15 or more.

- Take frequent breaks limiting physical activity. If warning signs, such as pounding heart and a shortness of breath occur, stop to rest in a cooler place.
- Stay in an air-conditioned area if possible. People who lack air conditioning at home may spend the hot hours of the day in air-conditioned public places. If no air-conditioning is available, fans are helpful.
- Use a buddy system between co-workers in high-heat-stress jobs.

## Heat Index Chart

Humidity	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95
80							80	82	83	84	84	85	86	87	88	89	90
85	82	83	84	84	85	86	87	88	90	92	93	94	95	97	98	100	105
88	84	85	87	88	90	91	93	94	95	97	98	100	104	106	110	113	117
90	86	87	88	90	92	94	96	97	98	100	103	106	110	113	116	120	124
92	87	89	91	93	94	96	98	100	102	105	108	111	115	120	124	128	130+
94	91	92	94	95	97	100	103	105	108	111	115	120	125	130+			
96	93	95	97	98	101	104	107	109	113	118	123	128	130+				
98	95	97	99	101	104	107	110	114	118	123	129	130+					
100	96	98	101	104	107	110	115	120	125	130	130+						
101	97	100	102	105	108	112	118	123	128	130+							
102	98	101	104	107	110	116	121	127	130+								
103	100	103	106	108	113	120	125	130	130+								
104	101	104	107	110	117	123	128	130+									
105	102	105	108	112	119	126	130	130+									

Find the humidity on the top line; draw a line down to the current temperature to find the heat index.

**Very Warm 80-90**

**Hot 90-105**

**Very Hot 105-130**

**Extremely Hot 130+**

## **Severe Storms and Other Emergencies**

Lightning is a threat during any severe thunderstorm. Coaches should move students inside to safety if lightning is occurring. Coaches in charge of athletic events should be aware of approaching severe storms or other weather related emergencies. It is suggested that school officials possibly use the public address systems to warn spectators of approaching severe weather. Coaches, officials, or administrators should stop play when it is determined that it is unsafe to play. (A lightning detector should be in the possession of the home team athletic trainer at all outdoor contests.)

Regardless of the sophistication of weather monitoring devices and predictions, lightning creates situations that are impossible to anticipate. How can we go about judging the dangers of lightning beyond guesswork? What is the rule to be followed when (1) lightning is not visible but conditions are right for its development, (2) lightning is a possibility due to conditions, (3) lightning is imminent?

While the probability of being struck by lightning is very low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed. More deaths in the United States are caused by lightning than any other natural phenomenon. One in twelve individuals struck are hit while playing golf. Also, more people are struck during involvement in recreational events than while working.

We have heard of lightning strikes from clear, overhead skies. These strikes have resulted in deaths and injury. We are in immediate risk of the possibility of a lightning strike when the leading edge of a thunderstorm is within 10 miles. Such lightning would come from the "anvil cloud" or overhanging leading edge of a thunderstorm.

Many people gauge the approach of a thunderstorm by the cold winds that suddenly kick up. These winds are a result of down drafts that usually extend less than three miles from the storm. Thunder can be heard for only an average of three to four miles.

### **Nature of Lightning:**

Bolts of lightning reach heat as high as 50,000 degrees. There are 16 million thunderstorms per year in the world. One half of all lightning bolts divide into two or more bolts. A lightning bolt can strike in one millionth of a second. Annually in the United States, about 100,000 thunderstorms occur. Ten percent of all thunderstorms are capable of producing tornadoes, high winds, and flash floods. The average thunderstorm is six to ten miles wide. The average rate of travel for a thunderstorm is 25 miles an hour. The average lightning strike is six miles long. The average lightning bolt is incredibly powerful, carrying up to 30 million volts at 100,000 amps. Two hundred deaths and 700 injuries are caused annually in the

United States by thunderstorms. Lightning causes an estimated five to six billion dollars in direct or indirect property damages each year. Florida is the state with the highest rate of incident.

### **Correcting Myths:**

"Heat lightning" that seems to light up the distant sky after a hot and humid day does pose a threat. Heat lightning is actually from a storm far enough away, the thunder is not audible. Should the storm move in your direction, it carries all of the threat of any other storm.

Rubber-soled shoes do not insulate or protect against a lightning strike. Lightning bolts traveling six miles to earth have little regard for Nike Air shoes.

Tires on a car do not protect individuals from a strike; however, an individual is much safer inside a vehicle as compared to outside. Do not misunderstand; injury can occur in a car. Provided that the person is not touching metal, the hard top of a vehicle increases protection.

Lightning can strike at any time during a storm. It may occur up to 10 miles away from any rainfall or in the midst of heavy or light rain.

A person suffering from a lightning strike must receive immediate first aid and/or CPR. The victim does not carry an electrical charge of danger to someone touching them while tending to them.

To the old myth that lightning never strikes twice in the same place, it can only be said that the behavior of lightning is random and unpredictable. The Empire State Building is hit about 25 times annually.

### **"Flash to Bang" Method:**

For years we have been told that to gauge the distance of lightning one can begin counting one thousand one, one thousand two from the point of seeing lightning to the point of hearing thunder. The old idea was each second represented one-mile of distance that the lightning was away. *But not so any longer!* The current method of counting seconds between seeing lightning and hearing thunder is called the "flash to bang" method. The newest "flash to bang" method says that the count number should be divided by five in order to determine more accurately the number of miles away that the lightning is occurring. So, if you count to five from flash to bang, this means the lightning is actually one mile away, count to 10 and the lightning is two miles away, etc. If this interval is decreasing rapidly as the storm approaches or the count reaches thirty seconds (six miles or less), the outdoor

activity must stop. All persons must immediately leave the athletic site and seek safe shelter.

### **Campus Lightning Plan:**

Each campus must have a written procedure for lightning safety on file with the athletic department. This plan, distributed to the campus coaching staff, will assist coaches in dealing, as uniformly as possible, to the threat of severe weather. The campus athletic trainer, when applicable, can assist coaches with lightning related decision.

### **Central Facility Lightning Plan:**

In the event of dangerous and imminent lightning for games played at FWISD central sites, it is the responsibility, if present, of athletic department personnel and/or game officials to remove teams and spectators from an athletic venue. See pages 20-24 of this document for the FWISD Central Athletic Facilities Lightning Plan.

### **Severe Weather Information:**

1. Monitor threatening weather and obtain reports daily before practices or events. This can be accomplished through radio reports, television reports, Internet weather sites, newspaper forecasts and weather scanners. Be aware of potential thunderstorms and signs of thunderstorms that may develop nearby.
2. Be aware of "watches" and "warnings" issued by the National Weather Service. A "watch" means conditions are favorable for severe weather to develop in an area and proper precautions should be taken.
3. Know where the nearest "safe structure" is located to the area of playgrounds and practice fields. Be aware of the time it takes to move to the structure or location. Safe shelter includes a sturdy building that has metal plumbing or wiring to ground the structure.
  - A. Avoid using telephones unless needed for an emergency. People have been injured or killed while using a landline telephone. A cellular phone or portable remote phone is a safe alternative if the user and the antenna are located within a safe structure and if all other precautions are followed.
  - B. Stay away from windows and open doors.

- C. Do not use electrical equipment. Unplug appliances not necessary for obtaining weather information.
4. In the absence of a "safe structure", the next best shelter is a vehicle with a hard top metal roof and windows up to offer a certain measure of safety. Do not use sheds, golf carts or convertibles. In a vehicle, it is the metal roof and body that dissipates the lightning around the car. Do not touch metal in the vehicle.
  5. Utilize the "flash to bang" method of estimating how far away lightning is occurring. Remember that lightning can occur as far as 10 miles ahead of the rain shaft of a thunderstorm. To determine the approximate number of miles away that the lightning is occurring, divide by five the number counted from the time the lightning is sighted to when the clap of thunder is heard. Thunder always accompanies lightning and the first flash or clap should begin awareness, 3-8 miles on the lightning meter continuously should result in all individuals leaving the grounds or athletic fields and reaching a safe location.
  6. Postpone the practice or outside event for 30 minutes after the last flash of lightning or sound of thunder before returning to the outdoor facility for activity. Be prepared to terminate activity and cancel the event.
  7. It is advisable that an announcement be read when possible to spectators and competitors in the event of ominous weather and halting a contest. The announcement should include:
    - A. Instructions for all spectators, competitors, and contest personnel to move immediately to the nearest school building. (Make sure an access door is open.)
    - B. A vehicle (with the cautions listed earlier) is the next alternative.
    - C. A warning: Do not take refuge under or near trees, tall objects, lone objects, bleachers or fences.

## Emergency Safety Tips

In the event that someone is caught outdoors without a nearby shelter, the following are recommended tips for surviving the situation with the least possible risk.

1. Find a low spot or dry ditch away from trees, fences, bodies of water, metal objects and puddles of water. Avoid being the highest object in a field. Do not take shelter under a single tree.
2. If you are in a wooded area, crouch in a thick grove of smaller trees surrounded by taller trees.
3. Should you feel your hair stand on end, your skin tingles or hear a crackling noise, immediately crouch to minimize your body surface.
4. If on a golf course, get in a golf cart rather than stand in an open area beside it.
5. Crouch with the balls of your feet touching the ground and keep your feet close together. Wrap your arms around your knees to minimize your body's surface area. Do not lie flat! Minimize contact with the ground, because lightning current often enters a victim through the ground. The idea is to make your body as small an area as possible with minimum contact with the ground.

### **Lightning Detectors:**

Today a variety of storm and lightning detectors are available on the market. Some are portable. Others indicate by light and/or sound the distance (from up to 40 miles) of approaching lightning. Such commercial devices offer a cost-efficient and effective method of assisting in making timely and accurate decisions regarding when practice or contests should be stopped as well as returning to activity.

## **Conclusion:**

The only way to reduce the chances involved in achieving lightning safety is to have a plan in advance for coaches and staff. Preparedness and implementation are the most important means to reduce the risk that challenges individuals:

1. Check Weather
2. Shelter Awareness
3. Monitor Storm
4. Flash to Bang
5. Weather Monitors or Detectors
6. Suspend Activities
7. Evacuate People
8. Monitor Conditions
9. Resume or Cancel Activities

# Weather Emergency Plan

Central Athletic Facilities  
F.W.I.S.D. Athletic Department

## FARRINGTON FIELD

Farrington Field offers many options for weather related emergencies. It is constructed of concrete and has ample room under the stands for shelter.

**Lightning**—If the public address system announces a severe thunderstorm warning with dangerous lightning, evacuation of the stands is mandatory. The stands are constructed of aluminum and are elevated. It is recommended that the patrons both exit the stadium and get in their vehicles which are grounded or wait out the lightning in either the large restrooms or the dressing rooms under the stands. A reminder, that merely standing under the stands is not a safe haven from lightning because it can strike at a 45- degree arc. Shelter under trees and light standards is dangerous. Stay clear of water and plumbing.

**Hail**—Shelter under the stands is recommended in the case of a hailstorm. There is ample room for a modest crowd and the option of the restrooms and dressing rooms will handle any overflow. If possible, it is recommended you stay out of your vehicle in the event of broken windshields.

**Tornado Warning**—If a tornado warning is issued the patrons will be instructed to seek shelter in the restrooms or the dressing rooms. Stay clear of glass and assume a fetal position against an interior wall. If time permits overflow will be taken to Billingsley Field House where the patrons should seek shelter in the back hallways. If possible stay out of the field house area. **Do not** go to your vehicle and attempt to out run a tornado.

**Flood**—In case of a flash flood, patrons should exit the parking lot and leave via University Drive. This provides the highest ground and safest passage from danger. Exit from Foch Street is not recommended because of low ground.

## CLARK STADIUM

Clark Stadium provides very little shelter for weather related emergencies. It is constructed of concrete but provides little shelter under the stands.

**Lightning**—If the public address system announces a severe thunderstorm warning with dangerous lightning, evacuation of the stands is mandatory. The stands are made of aluminum and are elevated. It is recommended that the patrons evacuate the stadium and

either get in their vehicles or go to Wilkerson-Greines Activity Center. Shelter under trees and light standards is dangerous. Stay clear of water and plumbing.

**Hail**—Under modest crowd conditions there is ample shelter in the tunnels and restrooms of Herman Clark Stadium. However, a large crowd should be evacuated to Wilkerson-Greines Activity Center. If possible, it is recommended you stay out of your vehicle in the event of broken windshields.

**Tornado Warning**—If a tornado warning is issued the patrons will be instructed to seek shelter in the tunnels or restrooms. If time permits the patrons should be evacuated to Wilkerson-Greines Activity Center where they should take refuge in the halls and tunnels of the bottom floor. If possible stay out of the arena area and any area containing glass. **Do not** go to your vehicle and attempt to outrun a tornado.

**Flood**—Flooding is remote because of the elevation of the Clark complex. However, patrons should avoid low spots and underpasses on their way home.

## HANDLEY FIELD

Handley Field is the smallest of our outdoor stadiums and poses the greatest danger from weather related emergencies.

**Lightning**—If the public address system announces a severe thunderstorm warning with dangerous lightning, evacuation of the stands is mandatory. The stands are constructed of aluminum and are elevated. It is recommended that the patrons both exit the stadium and get in their vehicles, which are grounded or wait out the lightning in either the restrooms or dressing rooms under the stands. If there is insufficient room they will be evacuated to the Handley-Meadowbrook Recreation Center adjacent to the stadium. A reminder, that merely standing under the stadium is not safe haven from lightning because it can strike at a 45-degree arc. Shelter under trees and light standards is dangerous. Stay clear of water and plumbing.

**Hail**—Shelter under the stands is recommended in the case of a hailstorm. There is room for small crowds; however, overflow will be instructed to seek shelter in the Handley-Meadowbrook Recreation Center adjacent to the stadium. If possible, it is recommended that you stay out of your vehicle in the event of broken windshields.

**Tornado Warning**—If a tornado warning is issued the patrons will be instructed to seek shelter in the restrooms or the dressing rooms. Stay clear of glass and assume a fetal position against an interior wall. If time permits overflow will be taken to the Handley-Meadowbrook Recreation Center adjacent to the stadium. Patrons will be advised to seek shelter in hallways and enclosed areas that are free of glass. **Do not** go to your vehicle and attempt to out run a tornado.

**Flood**—Flooding is remote because of the elevation of the Handley Field area. However, patrons should avoid low spots and underpasses on their way home.

## WILKERSON-GREINES ACTIVITY CENTER

Wilkerson-Greines Activity Center is a large concrete structure that offers a great deal of shelter for weather related emergencies.

**Lightning**—Lightning creates a threat of electrocution because of the large amount of water and plumbing in the building. If a severe thunderstorm warning is issued the swimming pool should be cleared until the danger has passed. A lightning meter is available in the W.G.A.C. office.

**Tornado Warning**—If a tornado warning is issued the patrons will be instructed to seek shelter in designated areas around the arena. The back hallways, dressing rooms, and inner offices are the safest because they are void of glass. Patrons should assume a fetal position against an interior wall until the danger has passed.

## BILLINGSLEY FIELD HOUSE

Although it is dated, Billingsley Field House is constructed of cinder block and provides significant shelter under the stands for weather emergencies.

**Lightning**—Patrons should avoid all contact with water during a severe thunderstorm. Athletes will not be permitted to shower until the danger has passed.

**Tornado Warning**—If a tornado warning is issued patrons will be instructed to seek shelter in the dressing rooms and back hallways of B.F.H. Stay clear of glass and assume a fetal position against an interior wall

## GOLDSTEIN FIELD

In weather related emergencies it is recommended that a modest crowd evacuate the stands to the lower hallway and restrooms. If there is a large crowd, it will be recommended by the public address announcer to evacuate to Wilkerson-Greines Activity Center.

## Clark Softball Field

In weather related emergencies it is recommended that a modest crowd evacuate to Clark Football Field House. If there is a large crowd it will be recommended by the public address announcer to evacuate to Wilkerson-Greines Activity Center.

## Clark Soccer Complex (Completion 2002)

In weather related emergencies it is recommended that the crowd evacuate to Wilkerson-Greines Activity Center.

# Emergency Weather Announcement

## 1. Severe Thunderstorm Warning

Ladies and gentlemen, the National Weather Service has issued a Severe Thunderstorm Warning for Tarrant County. With the possibility of dangerous weather in the area, it is the request of the F.W.I.S.D. Athletic Office that you exit the stands and seek shelter. The game will be delayed until the threat of dangerous weather has passed. Thank You.

## 2. Tornado Warning

Ladies and gentlemen, the National Weather Service has issued a Tornado Warning for Tarrant County. With the possibility of dangerous weather in the area, it is the request of the F.W.I.S.D. Athletic Department that you exit the stands and seek shelter.

(Announcer, please select the appropriate site listed below:)

**Clark Stadium:** If the situation warrants; Wilkerson-Greines Activity Center will be opened for patrons to seek shelter.

**Farrington Field:** If the situation warrants; Billingsley Field House will be opened for patrons to seek shelter.

**Handley Field:** If the situation warrants; the Handley-Meadowbrook Recreation Center will be opened for patrons to seek shelter.

The game will be delayed until the threat of dangerous weather has passed. Thank you.

## OUTDOOR WORKOUT SCHEDULE FOR EXTRACURRICULAR ACTIVITIES

### **55-Minute Athletic Period During School Day**

20-minute activity

5-minute break

Activity until end of period

### **AFTER SCHOOL**

**(Includes Athletic Period At End Of Day)**

25-minute activity

5-minute break

20-minute activity

10-minute break

25-minute activity

15-minute break

20-minute activity

End of Practice

**FORT WORTH INDEPENDENT SCHOOL DISTRICT  
(FWISD)  
OZONE PLAN**

**A. Executive Summary**

The Dallas/Fort Worth Metroplex, which FWISD resides in, currently does not meet federal clean air standards for ozone and has been declared non-attainment. The State of Texas has written an air quality clean-up plan known as a State Implementation Plan (S.I.P.). This current plan only meets the lowest levels of the recommended ozone standards and relies heavily on voluntary pollution reduction measures. The State, County or City has no policy and current regulations do not require FWISD to provide a policy. FWISD in no way has any control over the ozone levels within the FWISD or deciding the level of ozone concerns. Ozone levels are determined by the National Weather Service. Ozone levels can change from green to red or purple during a given day. FWISD does not believe it is possible to establish a policy that provides ozone protection not only for the children but also for adults who are prone to respiratory ailments. There are too many factors that enter into the equation in determining whether an individual has any health risks associated with ozone. Therefore, FWISD will require a written statement from a physician stating that the child is sensitive to ozone on file, and a written statement from the parent or legal guardian of the student on a daily basis that requests that their child be allowed to stay in that day. It must be the parent's or legal guardian's daily responsibility to determine if the ozone levels will be harmful to their child. The following ozone policy is based on information collected from the Blue Skies Alliance documents, such as "An Ozone Primer for Schools and Parents".

**B. OZONE Warning Policy**

1. Ozone days are generally recognized for the DFW Metroplex as falling between May and the end of October each calendar year. The following recommended actions are for outside activities.
2. In order to protect the health of students, faculty and employees, the following protocols for ozone action and heat advisory days were taken from the Blue Skies Alliance documents.

Level	PPB Zone	Color Designation Of Ozone Warning	Action Recommended
Good	0-50	Green	No health effects are expected, no special action needed.
Moderate	51-100		Individuals with a respiratory illness such as asthma, bronchitis, pneumonia and emphysema should limit prolonged exposure.
Unhealthy for Sensitive Groups*	101-150 151-200	Orange Red	Individuals with a respiratory illness such as asthma, bronchitis, pneumonia and emphysema should limit exposure entirely. High-energy activities for elementary age children should be limited. All other individuals should be allowed adequate access to water and shade. For every thirty minutes of high-energy activities, individuals should be allowed ten minutes of rest. Individuals involved in outdoor extracurricular activities such as athletics, band, drill team, or cheerleading, should also follow the guidelines as stated above.
Very Unhealthy Hazardous	201-300 301-500	Purple Maroon	Exposure for students should be limited entirely. Students involved in outdoor extracurricular activities such as athletics, band, drill team or cheerleading should engage in indoor practice on the days designated very unhealthy or hazardous.

\*Sensitive groups are defined as children who are active in outdoor activities, people involved in high-energy activities, and people with respiratory ailments. Students with respiratory limitations should follow the advice of a doctor or guardian. FWISD's Ozone Policy Plan is not to restrict sensitive adults from these activities, but is a plan of action in which information is provided for their use to determine whether or not it is advisable for them to perform these activities in conjunction with FWISD scheduled activities.

### C. OZONE Action Policy

Each parent or legal guardian of a child sensitive to ozone must have a statement from a physician on file at the school campus stating such. Parents or legal guardians must make the decision on a daily basis if their children should be allowed to participate in outside activities. If they decide their children should not participate in the outside activities, they must send in writing a note requesting their child be kept in for that day due to ozone levels. (If there is not a doctor's statement on file the child will not be kept inside.) Each day is a new day and must be treated as such.

School Principals may make morning ozone announcements.

In addition to this information, each teacher, coach or instructor of outside activities should perform the following:

- Pre-screen their classes for individuals who have a sensitivity to ozone conditions as described in the previous table. This may include a questionnaire or a permission slip from the parent and/or physician (similar to a sports permission).
- Become aware of possible atmospheric conditions and develop their outside activities in conjunction with the Health Services designated person.
- Have an alternative plan for a cancelled outside activity.

FWISD employees shall try to fuel their vehicles in the morning when possible.

FWISD employees shall not perform any duties that would add to the levels of ozone on high ozone days if possible.

It shall be the responsibility of each campus to initiate and operate this plan. Any ozone or heat related injuries or episodes are to be immediately reported to the Health Services Department. For additional information or support information, contact the Health Services Department at 817.871-2192 for health concerns.