



Venus ISD Severe Weather Protocol Policy and Procedure Manual

Venus ISD Severe Weather Protocols:

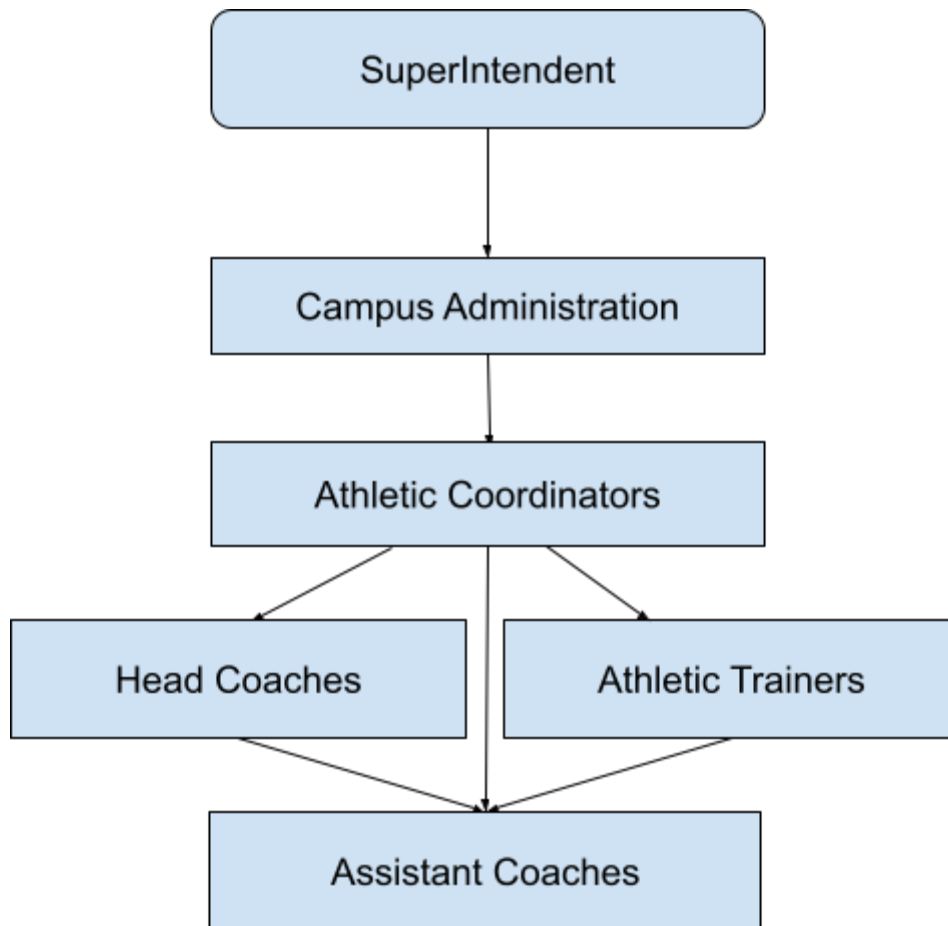
This handbook is to provide coaches and administrators with an Emergency Action Plan should Emergency Medical Services (EMS) be activated for emergencies or in case of severe weather conditions. Severe weather and emergencies may arise at any time during athletic events. Since weather is unpredictable, you can never give exact guidelines. Good common sense should also be utilized. Severe weather is defined as any weather related situation requiring all athletes and spectators to move to safe shelter. Expedient action must be taken in order to prevent life threatening conditions. **Student safety is a priority over the completion of an athletic event.** Coaches and administrators should be aware of the following protocols in order to be prepared should severe weather or emergency arise.

General Policy: •

1. The suspension of activity may be supplemented by local weather reports and the use of the PerryWeather System App or Website.
2. When in doubt of the severity or proximity of lightning or severe weather, suspend activity.
3. Upon suspension of athletic activities, all University personnel and student-athletes should proceed immediately to a designated "safe area".
4. Communication between administrators, coaches, and athletic trainers is vital for the safety of our student athletes and spectators.

Chain of Command:

Venus ISD Administration, Athletic Coordinators, Head Coaches, and Athletic Trainers will work together to implement the appropriate policy in a timely and effective manner. Head Coaches, Athletic Coordinators, Athletic Trainers and the Athletic Director will use the PerryWeather App to monitor the forecast and inform the decision(s) made about athletic events. Decisions for athletic events will be made accordingly.



Lightning Protocol

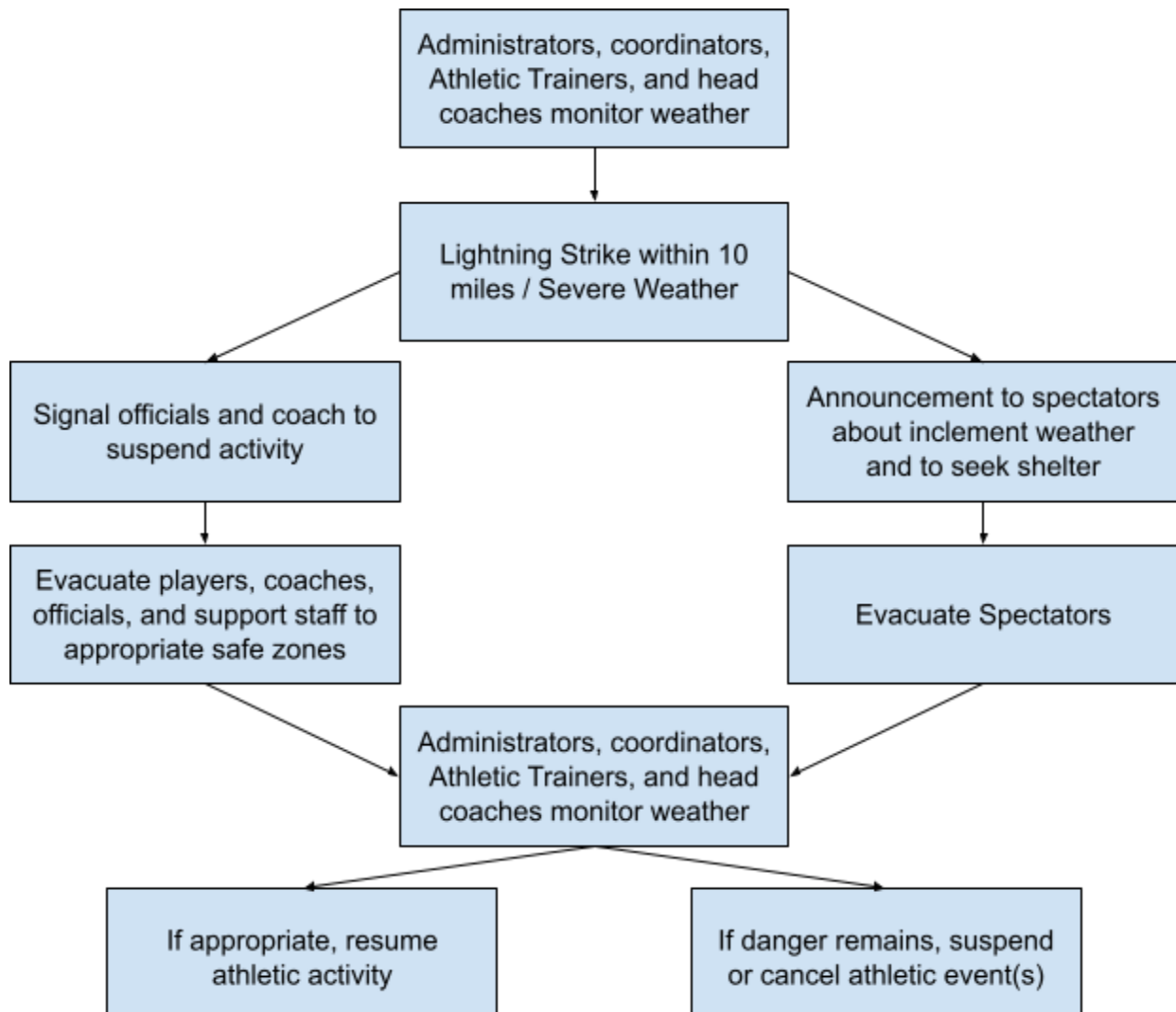
Perry Weather Lightning Detection- Venus ISD Utilizes the Perry Weather App and/or Website to monitor the location, proximity, and severity of inclement weather and lightning safety specifically. Perry Weather informs users of the location and time of the latest lightning strike.

Monitoring System: Venus ISD uses as a primary lightning monitoring system. This system has a siren and yellow flashing light that signals when lightning strikes are within a 10-mile radius. This signal is a cue for administrators, coordinators, athletic trainers and coaches to delay athletic activity for a minimum of 30 minutes.

Resumption of Play: Resumption of play occurs when lightning has not been detected within a 10 mile radius for at least 30 minutes. Everytime lightning is detected within a 10 mile radius or less, the 30-minute timer will restart. The administrator on duty will make the final decision as to whether a contest will be suspended or postponed.

Safe Zones: When an athletic event is delayed, head coaches are responsible for taking their respective teams to a safe zone. Safe zones are any large enclosed building with plumbing and/or electrical wiring that is used to ground the structure. This may include the team's designated locker room, or the high school gymnasium. Secondary safe zones may include personal vehicles or team buses*.

* It is important to not touch the sides of the vehicle as they may conduct electricity in the event of a lightning strike.



Hot Weather Policy:

High School and Middle School events will follow the recommended UIL District Guidelines. These guidelines will be strictly followed. Failure to do so could result in serious illness or death. Venus ISD will use the chain of command listed above for the Hot Weather Policy to ensure effective and efficient communication.

Practice or competition in hot and humid environmental conditions poses special problems for students. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. To decrease the risk of heat illness/emergencies Venus ISD will gradually acclimatize athletes to get them accustomed to working out in the heat. A gradual acclimatization for the student(s) to hot/humid conditions is recommended. We encourage gradual increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days for students to achieve acclimatization. For example:

- Football – There is a 5 day acclimatization period required by UIL.
 - The first 2 days only t-shirts, shorts and helmets are permitted.
 - The next 3 days in helmets and shoulder pads only.
 - Only after the athlete has completed these initial 5 days will the athlete be allowed to practice in full pads.
- Cross Country - These athletes must be monitored closely at all times. Running distance should be increased gradually.
- Volleyball and Basketball (indoor sports) - Coaches should be aware that heat problems can occur indoors if the athletes are not properly hydrated. If a coach chooses to practice outdoors, he/she should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous.
- Soccer, Track, Tennis, Baseball and Softball - The first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if athletes start workouts at 50% and ease in to a full 100%. This usually takes two to three weeks for track athletes.

Venus ISD also has several other practices in place to prevent heat illness for our student athletes. For Example:

- Pre-Participation Physicals - Venus ISD requires pre-participation physicals every two years in accordance with UIL standards. These are used to identify and monitor any athletes that are more susceptible to heat illness.
- Fluid Replacement- Venus ISD athletes will have access to cold water at all times. No coach will restrict water access as a form of punishment or motivation
- Practice Alterations- Venus ISD will use the Perry Weather App/Website in order to monitor the WBGT readings. The following table will determine the alteration(s) made to athletic activity:

WBGT Reading	Level	Practice Hours	Activity and Break Guidelines	Fluids
Under 82.0	Green	Resume normal activities	Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout	Water or electrolyte drinks
82.0 – 86.9	Yellow	Use discretion for intense or prolonged exercise; watch at-risk players carefully	Provide at least three separate rest breaks each hour of a minimum of four minutes duration each	Water or electrolyte drinks
87.0 – 89.9	Orange	Maximum practice time is two hours	For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each	Water or electrolyte drinks
90.0 – 92.0	Red	Maximum length of practice is one hour	No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice	Water or electrolyte drinks
Over 92.1	Black	No outdoor workouts	Cancel exercise; delay practices until a cooler WBGT reading occurs	Water or electrolyte drinks

Guidelines for hydration and rest breaks:

1. Rest time should involve both unlimited hydration intake (water and/or electrolyte drinks) and rest without any activity involved.
2. There will be water and/or electrolyte drinks easily accessible to student athletes during practices and competitions.
3. For football, helmets should be removed during rest time.
4. Cold-immersion tubs may be available at specific sports facilities for teams. There must be a cold immersion tub available in the athletic training room for practices and games for the benefit of any player showing early signs of heat illness.

If any student athlete has heat related issues, they will be placed in a gradual return to play protocol based on physician recommendations on a case-by-case basis.