



SAISD Safety and Extreme Weather Emergency Plans

Revised 28 August 2019

This handbook is to provide coaches and administrators guidelines in case of severe weather conditions. Severe weather and emergency situations 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 takes priority over the completion of an athletic event.

Coaches and administrators are advised to review the following guidelines in to be prepared should a severe weather situation arise.

Athletic Safety and Compliance Coordinators

Bobby Luce, Head Athletic Trainer

Mark Ruiz, Head Athletic Trainer

Tauri Hayter, Fox Tech High School

Thanks to all the Athletic Trainers who assisted with information

Emergency Contacts

SAISD Police - 210-271-3124

SAISD Athletic Trainers

Samantha Armijo, Brackenridge High School	210-228-1200
Billy Marshall, Burbank High School	210-228-1210
Mark Ruiz, Edison High School	210-738-9720
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SAISD Athletic Administration – 210-554-2655

Todd Howey, Executive Director of Athletics
Brian Clancy, Athletic Director
Gerald Gonzalez, Asst. Athletic Director
Barbara Wise, Asst. Athletic Director
Malachi Nellum, Asst. Athletic Director
Courtney Davis, Asst. Athletic Director

Safe Shelter:

A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.

1. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
2. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms. (Cell phones are okay.)

Lightning Monitoring Options:

Flash-to-Bang:

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as ten miles from the storm center.

All outdoor Coaches should use the following Lightening Apps:

Pocket Perry

Weather Bug

SAISD Lightning Policy / Safe Shelter

The UIL Lightning Safety policy will be followed.

If severe weather and / or lightning are detected, an announcement will be made to clear the fields and proceed to safe shelter. Safe shelter locations are listed in the table for each school or activity site.

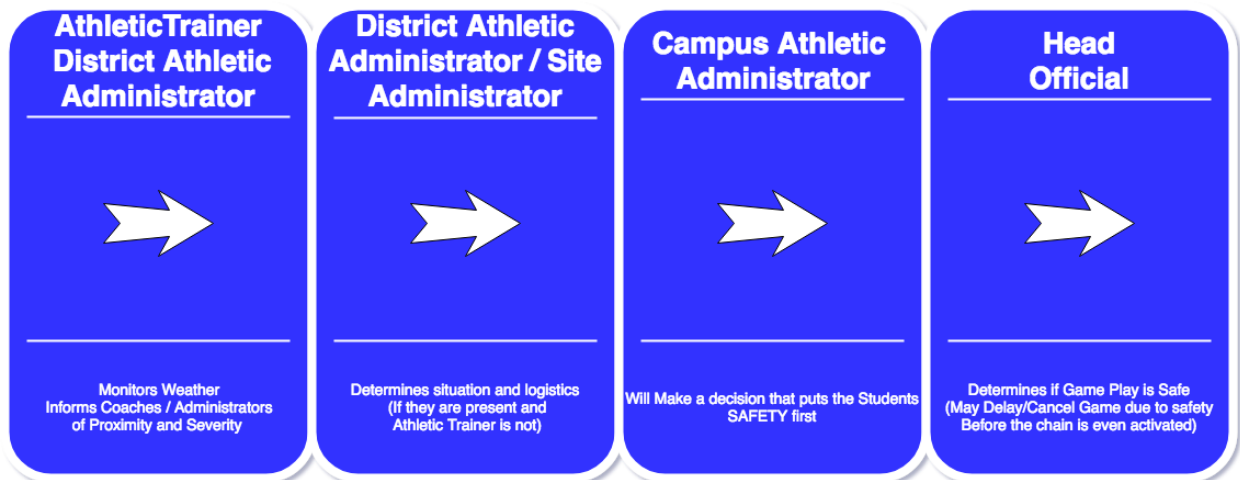
Athletes and coaches will proceed to the nearest building. The coaches will provide an area for visiting teams and coaches. Spectators must be advised to clear the fields and proceed to safe shelter.

1. Follow the Chain of Command Chart below that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher - a person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous. (Athletic Trainer, Head Coach, Athletic Administrator)
3. Have a means of monitoring local weather forecasts and warnings. (See List of Options Below)
4. Designate a safe shelter for each venue.
5. Use the flash-to-bang count (Described below) to determine when to go to safety. See method of determining flash-to-bang count below.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash within a **10-mile radius** before resuming an activity or returning outdoors. Once there has been on Lighting Strike for **30 minutes**, play may resume.
7. Avoid being the highest point in an open field, in contact with, or in proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.

Observe the following basic first aid procedures in managing victims of a lightning strike:

- Activate local EMS.
 - Lightning victims do not "carry a charge" and are safe to touch.
 - If necessary, move the victim with care to a safer location.
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
9. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

SAISD Severe Weather Chain of Command



- In the Event of Sever Weather, the Chain of Command will be followed in this order if in attendance:
 1. Athletic Trainer
 2. Athletic Administrator
 3. Head Coach / Assistant Coach
 4. Game Officials
- If the Athletic Trainer is not in attendance, the Head Coach will assign a staff person to monitor the weather.

NOTE: Athletic Administration must be contacted prior to any events being cancelled.

SAISD Staff Responsibilities:

- Have cell phone available on field in case of emergency
- Designate staff person to meet and direct EMS to scene of emergency
- Have gate keys available in case of emergency
- Accompany any injured student or district personnel to the hospital
- Notify parents, guardians or next of kin. Inform administration
- Provide medical history when available
- Complete appropriate documentation

SAISD Police and Administrators must make sure that emergency entrances remain open and clear of obstructions during games.

SAISD Cold Weather Guidelines for Outdoor Athletic Events

The health and safety of our students and staff members is the primary concern of all decisions made in regards to practicing in extreme cold. Head Coaches must use good judgment when making decisions about practicing outdoors in extremely cold weather. The following guidelines have been established in order to provide a safe and healthy environment for our students that are participating in outdoor activities. *It is the responsibility of all coaches to ensure these guidelines are being followed.*

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in outdoor activity in cold, wet, or windy conditions are at risk for environmental cold injuries.

Signs of Cold Exposure:

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Signs of Cold Recognition:

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Cold Weather Caution: When the temperature or wind-chill (which is lower than actual temperature) is from 40°F-32°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers should emphasize the importance of following the UIL Cold Weather Illness Recommendations.
- Keep a very close watch on those "high risk" athletes.

NOTE: Middle School Outdoor Events may be cancelled.

Cold Weather Warning:

- When temperature or wind chill is from 32°F - 20°F, there may be modified participation of outside practices and games.
- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up will start indoors (stretching, etc.) not to reduce the 45 minutes of outside time.
- Practice should keep an individual moving, and all involved. Practices should avoid a big sweat in the first 20 minutes, and eliminate the athletes from being wet and sitting around watching in the cold temperatures.

NOTE: Middle School outdoor activities will be cancelled

For All Levels:

- There may be modified participation of outside practices and games.
- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up will start indoors (stretching, etc.) not to reduce the 45 minutes of outside time.
- Practice should keep an individual moving and all involved. Practices should avoid a big sweat in the first 20 minutes, and eliminate the athletes from being wet and sitting around watching in the cold temperatures.
- Wind Chill @ or below 32 degrees with no precipitation: Athletes may stay outside for 45 minutes with a 10-minute recovery / warm-up inside.

Cold Weather Termination:

DRY - When temperature or wind chill reaches below 20°F, there may be a termination of outside practices and games.

WET – When temperature or wind chill reaches 32°F or below, there may be termination of outside practices and games.

SAISD Hot Weather Guidelines for Outdoor Athletic Practice

Head Coaches must use good judgment when making decisions about practicing outdoors in extremely hot weather. The following guidelines have been established in order to provide a safe and healthy environment for our students who are participating in outdoor activities. *It is the responsibility of all coaches to ensure these guidelines are being followed.*

Heat index of less than 100:

- No restrictions

Heat index of 100-105

- High school workouts limited to 3 hours, 10-minute break every 45 minutes.
- Middle school workouts limited to 1 1/2 hours, 10-minute break every 30 minutes.
- Cross country must stay on campus; limit runs to 1/2 normal length.
- Conditioning for football should take place without helmets and shoulder pads.
- Athletes allowed to remove helmets if not actively participating.
- Unrestricted access to water at all times.

Heat index of 106-110

- High school workout limited to 1 1/2 hours, 10-minute break every 45 minutes
- Middle school workouts limited to 1 1/2 hours, 10-minute break every 30 minutes
- Unrestricted access to water at all times
- A 10-minute break should proceed all conditioning for high school
- Conditioning should take place without helmets/shoulder pads and not exceed 10 minutes
- Middle school conditioning should be moved indoors
- Extra conditioning/running cancelled
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat Index of 111-115

- Middle school workouts should be moved indoors
- Shorts and T-shirts, helmets for high school workouts
- Practice shortened to 1 1/2 hours for high school
- Unrestricted access to water at all times
- 15-minute break every hour
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions


Heat index of greater than 115

- No outdoor workout

BEAT THE HEAT

Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

DEHYDRATION AND HEAT ILLNESSES



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every **15 MINUTES OF EXERCISE.**

It takes only **30 MINUTES** for cell damage to occur with a core body temperature of 105 degrees.



Currently, 13 states have heat-acclimatization policies, for secondary school athletics with New Jersey being the first.



Exertional heat stroke is one of the top three killers of athletes and soldiers in training.

- From 2010-15, 20 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

SAFETY TIPS



Have sports drinks on hand for workout sessions lasting longer than an hour.

Keep beverages cold – cold beverages are consumed 50 percent more than warm beverages.

Hydrate before, during and after activity.


Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.




Clothing worn by athletes should be light colored, lightweight and protect against the sun.

- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.


SIGNS OF MINOR HEAT ILLNESS



Dizziness

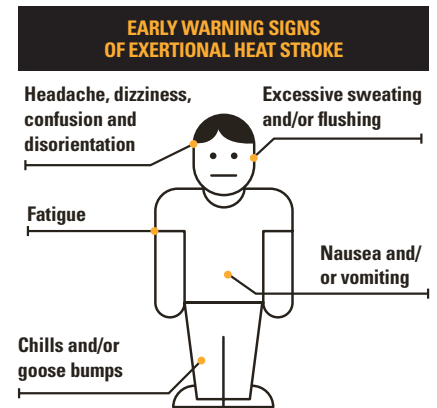


Cramps, muscular tightening and spasms



Lightheadedness, when not associated with other symptoms

EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE



Headache, dizziness, confusion and disorientation


Excessive sweating and/or flushing

Fatigue


Nausea and/or vomiting

Chills and/or goose bumps

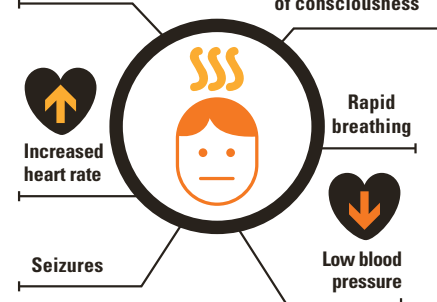
SIGNS OF EXERTIONAL HEAT STROKE



Core body temperature of more than 105 degrees



Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness



Increased heart rate

Rapid breathing

Seizures

Low blood pressure

Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA

Be aware of temperature and humidity levels. Change practice length, intensity and equipment use as the levels rise.

It should be easy for children to drink fluids during practice, and you should remind them to drink regularly.

Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.

Always have contact information for your athletic trainer available.

Examples of rapid cooling are as follows (please use what you have available):

- Remove from heat this includes but not limited to: Shade, air-condition room, etc
- Cold Water Immersion: Utilization of tub, tarp, whirlpool, etc
- Dosing with cold water; ie. Using ice water from coolers on the body directly, cold showers, etc
- Cold towels making sure to replace them when they are no longer cold
- Ice bags in armpits and groin
- Fanning Athlete

The District Athletic Trainers will provide quality care as delineated by best scope and practice guidelines.

Emergency Procedures / Protocols

In case of an emergency and 911 needs to be activated, the following protocols need to be followed:

1. Call 911 to activate EMS
2. Request EMS personnel to the address of the facility
3. Say the following:

“We have an injured person that needs emergency treatment”

4. Provide EMS the following information:
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - d. Specific information to locate emergency scene:

Lockdown

In the event of a lockdown situation occurring during practice or game, coaches will follow the SAISD procedures for lockdown. Athletes and coaches of opposing teams will be led by the coaches of the home team to a safe area.

High Schools	Address	Phone
Brackenridge	400 Eagleland Dr. / 78210	228-1200
Burbank	1002 Edwards St. / 78204	228-1210
Edison	701 Santa Monica Dr. / 78212	738-9720
Fox Tech	637 N. Main Ave. / 78205	738-9730
Highlands	3118 Elgin Ave. / 78210	438-6800
Houston	4635 E. Houston St. / 78220	978-7900
Jefferson	723 Donaldson Ave. / 78201	438-6570
Lanier	1514 W. Cesar E. Chavez Blvd. / 78207	978-7910
YMLA @ Wheatley	415 Gabriel St. / 78202	738-9750
YWLA	2123 W. Huisache Ave /78201	438-6525
Middle Schools	Address	Phone
Davis	4702 E. Houston St. / 78220	978-7920
Harris	325 Pruitt Ave. / 78204	228-1220
Irving	1300 Delgado St. / 78207	738-9740
King	3501 Martin L. King Dr. /78220	978-7935
Longfellow	1130 E. Sunshine Dr. / 78228	438-6520
Lowell	919 Thompson Place / 78226	228-1225
Page	401 Berkshire Ave. / 78210	228-1230
Poe	814 Aransas Ave. / 78210	228-1235
Rhodes	3000 Tampico St. / 78207	978-7925
Rogers	314 Galway St. / 78223	438-6840
Tafolla	1303 W. Cesar E. Chavez Blvd. / 78207	978-7930
Twain	2411 San Pedro Ave. / 78212	738-9745
Whittier	2101 Edison Dr. / 78201	738-9755
YMLA @ Wheatley	415 Gabriel St. /78202	738-9750
Academy Schools	Address	Phone
ALA	637 N. Main / 78205	210-738-9763
Ball	343 Koehler Ct. / 78223	210-438-6845
Beacon Hill	1411 Ashby Place	210-738-9765
Bonham	925 S. St. Mary's / 78205	210-228-3300
Bowden	515 Willow St. / 78202	210-738-9770
Cotton	1616 Blanco / 78212	210-738-9780
Crockett	2215 Morales St. / 78207	210-7389785
Fenwick	1930 Waverly Ave. / 78228	210-438-6540
Forbes	2630 Sally Gay Dr. / 78223	210-438-6850
Foster	6718 Pecan Valley Dr. / 78223	210-438-6855
Green	122 W. Whitter / 78210	210-228-3325
Hawthorne	115 W. Josephine / 78212	210-738-9795
Herff	996 S. Hackberry / 78210	210-228-3330
Japhet	314 Astor St. / 78210	210-228-3345
Margil	1000 Perez / 78207	210-738-9805
Mission	9210 S. Presa	210-438-6880
Ogden	2215 Leal St. / 78207	210-738-9815
Riverside Park	202 School St. / 78210	210-228-3355
W. Rogers	314 Galway / 78223	210-438-6840
Woodlawn	1717 W. Magnolia / 78210	210-438-6560