

Plano ISD Weather Guidelines

Plano ISD uses Perry Weather Meteorological readings for temperature, wind chill, wet bulb globe, and lightning strikes. The application is set to a perimeter of specified Plano ISD locations. The Senior High campuses have “weather stations” that will broadcast alerts. The Athletic Trainers and campus coordinators will have access to the Perry Weather App and notifications. This will be shared with coaches as necessary.



PISD Lightning Guidelines

Effective Parties:

This guideline governs all Plano ISD athletic events, including: Varsity, Junior Varsity, and Middle School games, practices and any other outside activity.

1: Monitor Weather conditions

- Athletic Staff (including Athletic Trainers, Coaches, and Stadium Managers) are designated weather watchers and will check and report when severe weather becomes dangerous
- Perry Weather: This tool will be used for alerts and text messages for upcoming/ongoing weather conditions
 - Senior High campuses have “weather stations” that will alert when lightning is within 10 miles

2: Evaluation Criteria

- Lightning Range:
 - **Warning Range: 10 miles (play must be suspended for 30 minutes)**
 - Caution Range: 20 miles
 - Advisory Range: 30 miles
 - **All clear time: 30 minutes (from the time of last lightning strike, if new strike time restarts)** See “Dashboard” in Perry Weather app
- Flash to Bang: Use if Perry Weather is unavailable.
 - Count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide by 5 to obtain how far away lightning is occurring (example: 30 sec count/ 5 = 6-mile distance). Anything within 50 seconds is within Warning Range and play should be suspended. “If thunder roars – **GO INDOORS!**”

3. Activity Stoppage

- Game: The decision regarding stoppage of play is the official with help by on site Athletic Trainer, Athletic Director, Administrator or Head Coach.
- Practice: The decision regarding stoppage of practices is determined by the on-site Athletic Trainer or Head Coach
- Once stoppage occurs seek Safe Shelter (See each venue Emergency Action Plan for designated location)
 - Seek enclosed buildings for shelter. A “lighting safe” facility is a fully enclosed building with both plumbing and wiring. If a fully enclosed building is not available, people should go inside a car or bus with the windows fully closed and doors shut.

- Pavilions, standing under trees, equipment sheds, and tents are not considered lightning safe and lightning can still strike people within these locations.

4. Travel during Inclement Weather

- Buses will hold at their current locations if severe weather is in the path of the travel destination. Once the weather is clear, they will depart.
- Communication will be sent to any student drivers to hold and not travel in their personal vehicles if there is severe weather in their path. Coaches/sponsors will communicate the plan to both parents and students. Once the weather is clear, travel will be permitted.

5. Emergency Action Plan

- In the event an Athlete, Coach, Administrator, Official, or Spectator is struck by lightning the following protocol will be executed:
 - Assess scene to ensure it is safe to treat the lightning victim
 - **Activate EMS by calling 911**
 - Any person struck by lightning does **NOT** carry an electrical charge - there is no danger to the healthcare provider, if necessary move the victim to a safer location
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary; treat for shock, fractures and/or burns.

PISD Cold Weather Guidelines

Effective Parties:

This guideline governs all Plano ISD athletic events, including: Varsity, Junior Varsity, and Middle school games, practices and any other outside activity.

1: Monitor Weather conditions

- Athletic Staff (including Athletic Trainers, Coaches, Administrators, and Stadium Managers) are designated weather watchers and will check and report when cold weather becomes dangerous
- We will follow the **WIND CHILL factor**. This will be the “feels like” temperature on the WeatherSentry® forecast

2: Evaluation Criteria

High School Athletic Cold Weather Guidelines

- **Wind Chill Factor 33-35° F with Precipitation:**
 - 35 min. of exposure/20 min. inside(may return outside after 20 min.)
 - Change into dry clothing (socks, gloves)
 - Athletes must be dressed in warm attire with extremities covered
- **Wind Chill Factor 31-32° F (Dry)**
 - 45 min. exposure/ 15 min. inside the gym (may return outside after 20 min.)
 - Athletes must be in warm-ups with extremities covered
- **Wind Chill Factor 32° F or lower with precipitation:**
 - All practices will be inside
 - No outside exposure

- **Wind Chill Factor 30° F (Dry):**
 - o 30 min. of total exposure to chill factor
 - o 15 min. inside o
 - o Warm-ups must be worn with all extremities covered at all times
- **Wind Chill Factor 25° F or lower:**
 - o No outside practices
 - o All work must be inside

Junior High Athletic Cold Weather Guidelines

- **Wind Chill Factor less than 45° F with precipitation:**
 - o 35 min. of exposure 20/minutes inside gym (may return outside after 20 min.)
 - o Dry clothing (Socks, gloves) o
 - o Athletes must be dressed in warm-up with extremities covered
- **Wind Chill Factor less than 35° F**
 - o All practices inside

3: Activity Stoppage

- Game: Wind Chill Factor below **28° F** **play will stop** and Athletic Directors will make the decision to cancel. Officials, Athletic Trainers, Coaches, and Administrators of both teams will be contacted for input. Athletes must be allowed to dress in warm-ups with extremities covered.
- Practice: The decision regarding stoppage of practices is determined by the on-site Athletic Trainer or Head Coach. Athletes must be allowed to dress in warm-ups with extremities covered.

4: Emergency Action Plan

ILLNESS	DEFINITION & CAUSE	SYMPTOMS
Cold Exposure	- breathing of cold dry air can trigger asthma attack - core body temperature reduction	- coughing, chest tightness, burning sensation in throat and nasal passage
Hypothermia	- medical emergency that occurs when body loses heat too quickly, causing a dangerously low body temperature, below 95°	- shivering, sluggishness, slowed speech, disoriented
Frostbite	- freezing of superficial tissues (face, ears, fingers, and toes) below 28°	- tingling, numbness, and changes in color or texture

PISD Hot Weather Guidelines

Effective Parties:

This guideline governs all Plano ISD athletic events, including: Varsity, Junior Varsity, JV2, 9th Grade and Middle school games, practices and any other outside activity. The University Interscholastic League (UIL) sets all of the starting practice dates for all PISD sports. The UIL sets a required **5-day acclimatization period** for all football athletes.

1: Monitor Weather conditions

- Athletic Staff (including Athletic Trainers, Coaches, Administrators, and Stadium Managers) are designated weather watchers and will check and report when hot weather becomes dangerous

2: Considerations for Risk Reductions

- Assure that onsite medical staff have authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical condition.

3: General Guidelines

- An initial complete medical history and physical exam.
- Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of time.
- Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During the acclimatization process, student athletes should practice in T-shirts, shorts, socks and shoes (helmets are allowed in football).

4. Evaluation Criteria

- To identify heat stress conditions on the field of play and determine practice and competition modifications due to hot weather.
 - Wet Bulb Globe Temperature (WBGT)- a measurement of ambient temperature, relative humidity, radiant heat from the sun, and wind speed.
 - **Perry Weather Weather Station (and APP) will be used to determine WGBT**
 - Middle School: MS Coordinators will apply the WGBT reading and follow the guidelines for that day and communicate to coaches
 - High School: High School Athletic Trainers and HS coordinator will utilize the Perry Weather WGBT reading and will then communicate the WGBT reading to coaching staff to follow the guidelines for that day.
 - Senior High: SH Athletic Trainers will utilize the Perry Weather WGBT reading and will communicate to coaching staff to follow the guidelines for the day. This station will update periodically with new reading.
- **Cooling zones** must be available for each outdoor athletic practice, workout, or conditioning session that is held in **WBGT of 80 degrees or higher**.
 - Cold-water tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) are required.
 - Senior Highs, High Schools, and Stadiums - Cold Recovery tubs will be utilized
 - Middle schools- Cold Recovery tubs or tarps will be utilized
 - Ice sponges, towels, water misters, and shade are also recommended

**** Asthmatic, diabetic and athletes with sickle cell may remove themselves from workout without penalties or repercussions ****

5: Guidelines for Hydration and Rest Breaks

Plano ISD

WBGT Guidelines

Under 82.0 °F	Normal Activities- Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.
82.0 - 86.9 °F	Use discretion for intense or prolonged exercise; Provide at least 3 separate rest breaks each hour with a minimum duration of 4 minutes each
87.0 - 90.0 °F	<p style="text-align: center;">Maximum practice time is 2 hours <u>(including breaks)</u>.</p> <p><u>For Football:</u> Players are restricted to helmet, shoulder pads, & shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. All protective equipment MUST BE REMOVED for conditioning activities. <u>For All Sports:</u> Provide at least 4 separate breaks each hour with a minimum duration of 4 minutes each.</p>
90.1 - 92.0 °F	<p>Maximum practice time is 1 hour. <u>For Football:</u> No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports:</u> There must be 20 minutes of rest breaks distributed throughout the hour of practice</p>
92.1°F or above	No Outdoor workouts. Delay practice until a cooler WBGT is reached.

- Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
- **For Football:** Helmets should be removed during rest breaks.
- The site of the rest time should be a “cooling zone” and not in direct sunlight if possible.

- When the WBGT reading is greater than 80°F. The following can be provided.
 - Ice towels and spray bottles filled with ice water made available at the “cooling zone” to aid the cooling process.
 - Cold water immersion tubs made available for practice for the benefit of any player showing early signs of heat illness.

6: Emergency Action Plan

ILLNESS	DEFINITION & CAUSE	SYMPTOMS
Heat Exhaustion	Prolonged sweating, dehydration, energy depletion, and inability to sustain adequate cardiac output (not enough blood pumped to heart)	Fatigue, nausea, fainting, weakness, vomiting, dizziness/light-headedness, pale, chills, diarrhea, heavy sweating, decreased urine output/dehydration, irritability, headache, sodium loss, decreased blood pressure, decreased muscle coordination, hyperventilation, core body temperature between 96.8° - 105°

- Remove the athlete **IMMEDIATELY** from the elements (heat and sun) to a cool, shaded area.
- Elevate legs to promote venous return
- If the athlete is wearing protective gear, remove any excess equipment
- Monitor the athlete’s vital signs (heart rate, blood pressure, and breathing rate) while ensuring the athlete is conscious.
 - Any loss of consciousness warrants an immediate activation of EMS.
- Administer oral fluids to the athlete in order to begin rehydration.
- Monitor the athlete for signs of shock.

ILLNESS	DEFINITION & CAUSE	SYMPTOMS
Heat Stroke	Sudden thermoregulatory failure	Central nervous system dysfunction: irrational behavior, irritability, emotional instability, altered consciousness, coma, disorientation or dizziness, headache, confusion or just look “out of it,” nausea or vomiting, diarrhea, muscle cramps, loss of muscle function/balance, inability to walk, collapse, staggering or sluggish feeling, profuse sweating, decreasing performance or weakness, dehydration, dry mouth thirst, rapid pulse, low blood pressure, or quick breathing, core body temperature over 105° .

- Remove all equipment and excess clothing **IMMEDIATELY**.
- Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35–58°F); stir water and add ice throughout the cooling process.
- If immersion is not possible (no tub or no water supply), take athletes to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate the emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
- If rectal temperature is not available, **DO NOT USE AN ALTERNATE METHOD** (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
- Cease cooling when rectal temperature reaches 101–102°F (38.3–38.9°C).

- Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.

ILLNESS	DEFINITION & CAUSE	SYMPTOMS
Hyponatremia	Fluid/electrolyte disorder; low sodium concentration in the blood	Related to cerebral edema caused by the osmotic flow of fluid into the brain cells. Muscular weakness and/or twitching, dizziness, lightheadedness, headache, nausea and/or vomiting, body weight gain from baseline, and swelling of hands and/or feet. More severe signs are altered mental status, seizures, coma.

- **DO NOT** provide fluids
- Treated with fluid restriction, salty foods such as potato chips, pickles, or jerky.
- Activate EMS if symptoms persist or worsen.