



The Wilson County School District will strictly adhere to the following procedures with regards to all WCBOE outdoor activities including but not limited to athletics and marching band during periods of intense heat. These procedures are based on the availability of an Athletic Trainer on site.

***TSSAA officials will handle all weather related issues during competition.

Athletic Trainer Present

The Safety Director and/or School Health Coordinator will monitor the predicted temperature, humidity, heat index, and air quality on a daily basis. If the predicted heat index reaches 95 degrees, all outdoor activities will be put on HEAT WATCH.

HEAT WATCH Procedures:

A. The team's Athletic Trainer or designee will use the provided heat index monitor to take and record a heat index reading 30 minutes prior to the team activity, at the beginning of the team activity, and every 30 minutes until the end of the team activity. Modifications to the team activities and the heat index readings will be recorded on the Heat Index Form (HIF).

B. If the heat index reading exceeds 104.0 degrees, all outdoor activity must stop. The Athletic Trainer or designee may take follow up readings at 30 minutes and 60 minutes after the activities are stopped. If either reading does not exceed 104.0 degrees, activity may resume with the prescribed precautions. If both readings exceed 104.0 degrees, the remainder of the team activities will be cancelled.

C. The HIF will be signed by the Athletic Trainer or designee, Head Coach, and Athletic Director. This signed HIF will be faxed to the Safety Director(449-3858) each Friday.

No Athletic Trainer Present

The Safety Director and/or School Health Coordinator will monitor the predicted temperature, humidity, heat index, and air quality on a daily basis. If the heat index reaches or exceeds 95 degrees, all outdoor activities will be required to follow the precautions prescribed by the Safety Director and/or School Health Coordinator. All affected schools and/or programs will be notified using email and/or the district's phone notification system.

Wilson County Schools Heat Index Precautions/Procedures cont.

Using the following scale, activities must be altered and/or eliminated based on this Heat Index as determined –

<p>Under 95 degrees Heat Index</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide unlimited amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ▪ Optional water breaks every 30 minutes for 10 minutes in duration ▪ Ice-down towels for cooling ▪ Watch/monitor athletes carefully for necessary action.
<p>95.0 degrees to 99.4 degrees Heat Index Yellow</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide unlimited amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ▪ Mandatory water breaks every 30 minutes for 10 minutes in duration in a shady area ▪ Spraying or misting of students for cooling ▪ Watch/monitor athletes carefully for necessary action. <p>Contact Sports and activities with additional equipment</p> <ul style="list-style-type: none"> ▪ Helmets and other possible equipment removed if not involved in contact. ▪ Reduced time of outside activity. Consider rescheduling outdoor activities to a cooler part of the day not before 5am or after 9pm. ▪ Re-check temperature and humidity every 30 minutes to monitor for increased heat index.
<p>99.5 degrees to 104.0 degrees Heat Index Orange</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Provide unlimited amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. ▪ Mandatory water breaks every 30 minutes for 10 minutes in duration in a shady area ▪ Misting or spray students' heads with cool water ▪ Watch/monitor athletes carefully for necessary action. ▪ Mandatory alterations to uniform by removing items if possible (ex: perform activities in t-shirts and shorts) ▪ Allow for changes to dry t-shirts and shorts ▪ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable ▪ Reschedule outdoor activities to a cooler part of the day not before 5am or after 9pm. <p>Contact sports and activities with additional equipment</p> <ul style="list-style-type: none"> ▪ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ▪ Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index
<p>Above 104.0 Degrees Heat Index Red</p>	<p>All Outdoor Activities</p> <ul style="list-style-type: none"> ▪ Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.