

PRACTICE IN HOT WEATHER POLICY

The following are the recommendations of the Sports Medicine Department for outdoor activities:

Local temperature can be obtained by:

Calling 409-740-7272

Logging on to www.click2houston.com, www.wunderground.com, or weather.weatherbug.com

Temperatures are based in degrees Fahrenheit

- 1) Extra-curricular activities (football, soccer, softball, baseball, track band, dance, cheerleading and any in or off season sport conduction outside workouts at the High School or Junior High)
 - 100-104 degrees F – limit students to 30 minutes of outside activity followed by 30 minutes in an air conditioned location before being allowed to return to practice.
 - 105 degrees F – stop all outside activities
- 2) Cross Country and Tennis
 - 95-101 degrees F - limit students to 30 minutes of outside activity followed by 30 minutes in an air conditioned location before being allowed to return to practice.
 - 102 degrees F – stop all outside activities
- 3) All FISD Students (PreK-12) PE/Recess
 - 90-94 degrees F - limit students to 30 minutes of outside activity followed by 30 minutes in an air conditioned location before being allowed to return to practice.
 - 95 degrees F – stop all outside activities

When the temperature reaches 90 degrees F all coaches/sponsors/teachers planning to participate outside watch for students experiencing heat related problems. (See section on Heat Illness/Injury)

LIGHTNING POLICY

The following policy has been set forth by the Friendswood High School Athletic Department regarding participation during inclement weather using the 30-30 Flash to Bang Rule.

- 1) Suspension of Play

If you seen lightning and it is 30 seconds or less when you hear thunder then you must immediately suspend practice/play and seek safe shelter.

A count of 30 seconds between the Flash and the Bang puts lightning at a distance of 6 miles.

If thunder is audible, then it is within a 10 mile radius from your location.

- 2) Resumption of Play

Play may resume only when lightening or thunder has not been detected for 30 minutes. Every time lightening or thunder is detected, the clock restarts.

- 3) Safe Shelter

Primary location – Any location normally occupied or frequently used by people

For example – A building with plumbing and/or electrical wiring that acts as a ground. Avoid using the shower, plumbing facilities, and land line phones during a thunderstorm.

Secondary location – In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof(not a convertible or golf cart) and rolled up windows can provide a measure of safety. Avoid contact with the sides of the vehicle, as it is the metal roof not the tires that dissipate a lightning strike.

If a Staff Athletic Trainer is present at practices, they will be the one to enforce this policy and monitor the lightning and thunder. In the event that a Staff Athletic Trainer is not present, it is the responsibility of the coach of that sport or team to enforce this policy and monitor the lightning.

4) Games/Events

It is the responsibility of the officials to monitor the weather at all games/events/contests and not the staff athletic trainer or coach. If any official is not present, the responsibility lies with the staff athletic trainer and/or coach

5) Spectators and Fans

It is the responsibility of the administrator on duty to remove the spectators and fans from the stands. If an administrator is not present, the staff athletic trainer and/or coach are responsible.

OZONE POLICY

The following is the recommendation of the Friendswood High School Sports Medicine Department concerning ozone watches/warnings.

Ozone Watch – Restrict activity of those athletes with serious respiratory problems to a minimum or to activities outdoors.

Ozone Warning – No student with serious respiratory conditions should be allowed to participate outdoors. All other student athletes should be monitored and should participate as tolerated.