

FWCD Training Guide for Weather Conditions

Dear FWCD Athletes and Parents,

Over the course of a school year, students can experience various weather conditions in Texas. Days of extreme heat and cold are common. Adding exercising athletes into the weather mix, chances of heat or cold related problems increase. It is the policy of the FWCD Athletic Department to ensure the safety of our athletes at all times.

Note: We are fortunate at FWCD to have two full-time Certified/Licensed Athletic Trainers on staff. The athletic trainers monitor the ambient heat and relative humidity, prior to and during all FWCD practices and contests. The athletic trainers, in consultation with the athletic director, can suspend/postpone/shorten/modify practice or games due to severe heat and weather conditions.

FWCD Hot Weather Guidelines:

- 1)** We will **NEVER** deny water to an athlete, under any circumstances. We will **ALWAYS** have plenty of cool/cold water easily accessible to the exercising athletes.
- 2)** During hot weather, we will allow the athletes to take a short water break for ten minutes per every hour exercised. K - 4 are 30-minute classes, so the teachers will allow water breaks when necessary. When the temperatures exceed 100, we will keep K-4 classes indoors.
- 3)** At the beginning of the season, athletes gradually condition to the heat. Staying fit over the summer is the easiest way to prevent heat related problems from occurring.
- 4)** We encourage our athletes to wear light, white, 100% cotton blend fabrics whenever possible. We also encourage them to make sure that they keep their clothes as dry as possible, **NOT** to wear a wet shirt out to practice, or wet their shirts down when there is still considerable practice remaining.
- 5)** We are constantly monitoring the Wet Bulb Global Temperature (WBGT), the athletic trainers, after consultation with the athletic director, may modify (reduce pads and/or shorten time), delay or cancel practices and/or games based on these readings.
- 6)** Parents, please remind your child to drink plenty of water at home, between classes, before practice, during practice and after practice. Water will not cause them to get cramps or "water logged."
- 7)** Parents, please remind your child to keep track of their weight. It is normal that an athlete lose a pound or two after a hot practice. The athlete should gain the weight back before the next practice, or it becomes unsafe for them to participate.
- 8)** Remind your child to stay away from drinks that have a high sugar content or caffeine, especially prior to exercising. Sugar slows down the amount of water your body can absorb. Caffeine increases the heart rate, which can increase risk of a heat-related problem. Remind your child that it is not a good idea to eat just prior to exercise. This also inhibits the amount of water the body can absorb.
- 9)** Have your child check their urine often. Dark urine (ice tea color) indicates that the body is dehydrated, which can lead to serious problems.
- 10)** Have your child read and become familiar with the "**HYDRATE**" sheet. We have posted the "HYDRATE" sheet around the FWCD athletic facilities.

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HYDRATE

Hydrate:	Before, during and after all workout sessions
You:	Make the effort to drink plenty of fluids
Drink:	Cold water & sport drinks (lots of them)!! Avoid fats, carbonated drinks & caffeine.
Re-hydrate:	You must replace the fluids you lost when you worked out.
Acclimate:	You must gradually increase workouts in the heat.
Train:	Regularly to improve your conditioning & skill level.
Everyone:	Wins when you work hard to prevent heat illness.

The FWCD staff of athletic trainers and coaches will do everything possible to reduce the potential for any heat related problems. The safety of your children is our top priority.

If you have any questions or concerns, please feel free to call:

"Trainer Ed" Chisholm, (817) 302-3243

"Trainer Stacy" Bourne, (817) 302-3265.

Although Fort Worth Country Day's Heat policy uses the WBGT readings (see below this gauge), this gauge (reprinted from the First Aider, a National Athletic Trainer's Association Approved Publication) provides a very close guide to managing athletes exercising in the heat:

It's not the Heat or the Humidity- It's the Combination

We should always be on the lookout for heat stress, this chart can help gauge your risk on a particular day if you are unable to access the WBGT readings.

<u>TEMPERATURE</u>	<u>HUMIDITY</u>	<u>ACTIVITY RESTRICTIONS</u>
Less than 80° F	Not Important	No Restrictions
80° - 90°	Less than 70%	Watch Athletes Carefully
80° - 90°	More than 70%	Caution- Take Frequent Breaks
90° - 100°	Less than 70%	Caution- Fluid Intake Critical
90° - 100°	More than 70%	DANGER- Best to suspend practice or move to a cooler time of day
More than 100°	Not Important	DANGER- No Activity Recommended

The FWCD athletic administration expects the program director and/or the coach to contact the athletic trainers prior to each practice, to find out the Wet Bulb Global Temperature (WBGT). FWCD has a constant temperature monitoring device called the Perry Weather System. All coaches and administrators have "real time" access to

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the information on their cell phones. The athletic trainers will also attempt to send out a daily group email to the staff about the heat conditions. The athletic trainers will make their recommendations to the Athletic Director based on the WBGT guidelines. Our goal is to safely allow for a meaningful athletic experience for all when the Athletic Director makes the decision. The FWCD procedure will be:

- A WBGT temperature reading between 88 - 90 will result in the *recommendation* of **modified and/or reduced** full-pad practice.
- A WBGT temperature reading between 91 - 92 will result in the elimination of **any** full-pad practice and will limit the amount of outdoor exposure to one hour for any team.
- A WBGT temperature reading above 92 will result in the elimination of **any** outdoor practice.

Cold Weather Guidelines

Exposure to extremely cold conditions can also lead to impaired athletic performance and possibly lead to some life threatening situations. Exposure to extremely cold conditions can lead to frostbite (freezing of superficial tissues) and hypothermia (dangerous dropping of body core temperature). Exposure to cold air can also exasperate conditions for those persons with asthma.

When considering when it is reasonable and prudent to have our community out in the cold for practices and games, we will consider the following four factors:

- 1) Ambient temperature
- 2) Wind chill
- 3) Precipitation and/or wet conditions
- 4) Age and/or level of competition

FWCD will use the four factors above to classify three different levels of cold weather:

- 1) Cold
- 2) Extremely Cold
- 3) Dangerously Cold

I. COLD WEATHER:

Temperature, including wind chill, is above 30 degrees, with or without rain.

This may not be a comfortable temperature, but no game or practice restrictions.

The FWCD community advised to adjust and/or layer clothing.

II. EXTREMELY COLD WEATHER:

Temperature, including wind chill, is between 15 degrees and 30 degrees, without rain (dry).

Outside exposure will be limited.

Community will be advised to adjust and/or layer clothing if outside.

No Physical Education classes outdoors.

Reschedule sub-varsity games (younger students).

Athletic Director must approve varsity games.

III. DANGEROUSLY COLD WEATHER:

A. Temperature, including wind chill, is between 15 degrees and 30 degrees, and precipitating, **OR**

B. Temperature, including wind chill, is below 15 degrees.

No outside exposure allowed. Varsity games rescheduled.

Lightning Policy

Fort Worth Country Day has installed the ThorGuard Integrated Lightning Prediction and Warning System. The ThorGuard unit is automatic, and proactive. If it determines that there is lightning headed in our direction, it will give out a solid 15 second blast from its two horns (located on the northwest corner of the square gym roof, and a second one on the roof of the upper school). At the sound of this horn, a built in strobe light will start to flash at the same locations. When the horn sounds, the fields will to be cleared of activity immediately. Students should not pick up the field, change equipment, or do any other activities that may delay them getting inside a building IMMEDIATELY. They should come all the way inside to a main building, not a shed, dugout, etc.

The strobe lights will continue to flash the entire time we are in the danger zone. When ThorGuard has determined that it is safe to resume outdoor activity, it will sound three short blasts from its horns, and the strobe will stop flashing.

This system will work every day, whether the athletic trainers or security guards are on campus or not. It is set to go on delay from 11:00 p.m. until 6:00 a.m. so we do not disturb the neighborhood.

The athletic trainers may also have weather radio alert on 24 hours a day monitoring the weather. The athletic trainers have weather apps installed on their phones that provide alerts.

If the threat of lightning exists before a game begins, the coaches, athletic trainers, and athletic director will determine if the game status. If lightning conditions exist, games will be postponed or cancelled. If the game is in progress, the officials, in conjunction with advice from the athletic trainers and athletic director, will determine when/if the game is postponed or canceled.

If coaches are on another campus without lightning detection to advise them of the lightning situation, the "law" states that they MUST behave and make decisions as a "reasonable and prudent adult." The FWCD athletic department advises the following in these situations:

1. Use the National Athletic Trainer Association guidelines:

"If you see it, flee it."

"If you hear it, clear it."

If there is any visible lightning or audible thunder, get your team and yourself inside.

2. If you have ANY doubts as to if you should go outside, DON'T GO.

3. If you have any doubts as to if you should stay outside, DON'T STAY.

Remember:

Even with ThorGuard on campus, if you are not comfortable with the weather situation, take your team inside.