

Hot Weather Policy Cheat Sheet

- **When the Athletic Trainers (ATs) are present:**
 - You will be notified of the current weather conditions and any practice/event modifications that need to be made.
- **If the ATs are not present:**

If the athletic trainers are not present:

- The student staff, safety officer(s), or William & Mary Campus Recreation professional staff will reference the WBGT for their location via the Zelus app (using the USA WBGT CAT 3 Criteria) the Wet Bulb Globe Temperature (WBGT) Guidelines via the National Athletic Trainers' Association (NATA) below.
 - The Zelus WBGT app, set to USA WBGT CAT 3, should be used by student staff, safety officer(s), or William & Mary Campus Recreation professional staff to determine the Wet Bulb Globe Temperature (WBGT) .
 - The WBGT Temperature Guidelines will be referenced using the WBGT temperature reading from the Zelus app in order to determine practice or event modifications or cancellations.
 1. For example: WBGT reading of 87.08F–89.98F= Maximum practice time of 2 h; only helmets, shoulder pads, and shorts for equipment intensive sports, etc.
 2. **Please Note: In the case of any WBGT reading of 92.1 and above, all outdoor practices and events/competitions will be cancelled due to risk of heat illness.**
 - The student staff and/or safety officer will be required check the WBGT at the beginning of their shift or practice. It is highly recommended for the student staff and/or safety officer to check the WBGT halfway through their shift and/or practice, as well.
 1. If a student staff member is not present, it is the safety officer's responsibility to check the heat index and enforce the practice modifications.
- **Please Note:**
 - Student staff members, safety officers, and/or William & Mary Campus Recreation professional staff members have the authority to enforce practice/game modifications based on heat, including cancelling the practice/game/event
 - **If heat illness is suspected in any participant, cool the participant however possible and activate EMS immediately**
 - **In the case of any WBGT reading of 92.1 or above, all outdoor practices and events/competitions will be cancelled due to risk of heat illnesses.**

SEE NEXT PAGE FOR HOT WEATHER POLICY FLOWCHART

Hot Weather Policy Cheat Sheet



WBGT Reading	Level	Practice Hours	Activity and Break Guidelines	Fluids
Under 82.0	Green	Resume normal activities	Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout	Water or electrolyte drinks
82.0 – 86.9	Yellow	Use discretion for intense or prolonged exercise; watch at-risk players carefully	Provide at least three separate rest breaks each hour of a minimum of four minutes duration each	Water or electrolyte drinks
87.0 – 89.9	Orange	Maximum practice time is two hours	For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each	Water or electrolyte drinks
90.0 – 92.0	Red	Maximum length of practice is one hour	No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice	Water or electrolyte drinks
Over 92.1	Black	No outdoor workouts	Cancel exercise; delay practices until a cooler WBGT reading occurs	Water or electrolyte drinks

Compare the WBGT Reading to the WBGT Guideline Chart and make practice/event modifications accordingly

Ex: WBGT reading of 87.08F–89.98F would mean only practicing for a maximum of 2 hours; only helmets, shoulder pads, and shorts can be worn for equipment intensive sports.

Please Note: In the case of any WBGT reading of 92.1 and above, all outdoor practices and events/competitions will be cancelled due to risk of heat illness.

Hot Weather Policy Flowchart

Check WBGT via the app (Zelus WBGT app icon pictured beside text)



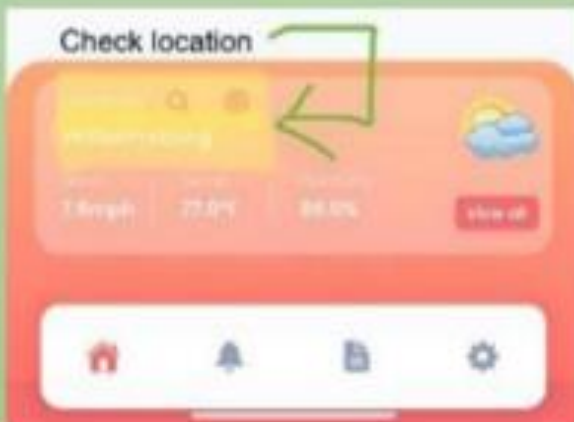
Open the app to check the WBGT reading



At the top of the screen, make sure USA WBGT CAT 3 is selected in the drop down.

Look at the numbers below the drop down for the WBGT reading

Check location



At the bottom of the screen, make sure that your location is correct.

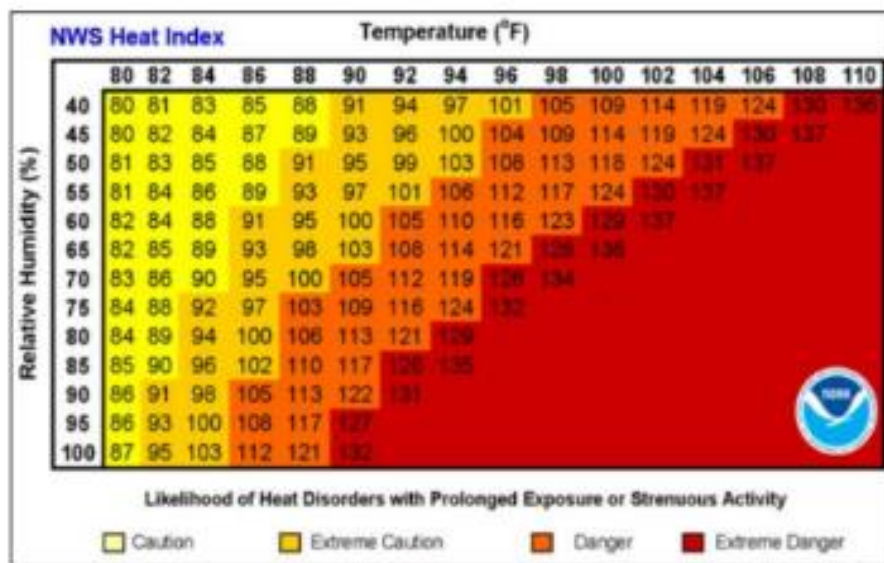
If it is not correct, you may need to enable location services

If the Zelus WBGT app is not working, you can use the Heat Index and the Heat Index Practice and Event Modification Guidelines Chart to determine practice or event modifications

• **How to determine the Heat Index:**

- Use a weather app (we recommend Weather Bug) determine the **temperature** and the **relative humidity**.
- Using the heat index chart below and the numbers you just determined – find the approximate temperature on the row at the top of the chart, and the approximate relative humidity on the column to the left of the chart. Drawing imaginary lines down and across from the temperature and the relative humidity respectively, the number where they overlap is your current heat index.
- **For example:** If the temperature is 84 degrees F and the Relative Humidity is 81%, the heat index is 94.
- Using the heat index that you've calculated, follow the Heat Index Practice and Event Modification Guidelines chart below to make the appropriate practice/event modifications.

HEAT INDEX PARTICIPATION RECOMMENDATIONS



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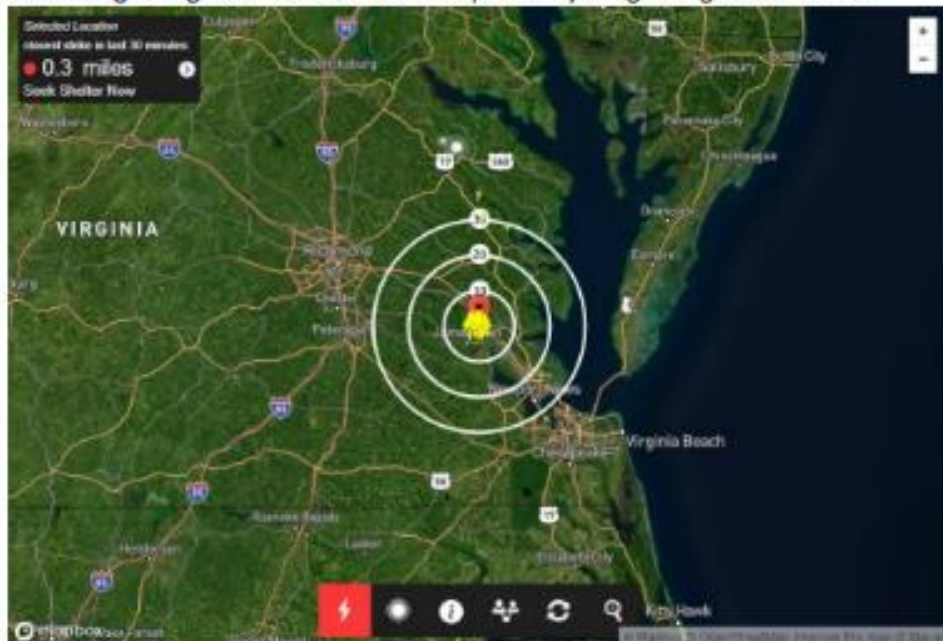
Heat Index Practice and Event Modification Guidelines			
Heat Index	Practice Hours	Activity and Break Guidelines	Fluids
Below 89 Heat Index	Use discretion for intense prolonged exercise	Provide at least 3 separate rest breaks each hour of at least 3 minutes during each work out	Encourage water and electrolyte drinks
90-94 Heat Index	Maximum practice time is 2 hours	Equipment Intensive Sports: Only helmet, shoulder pads, and shorts allowed during practice. All protective equipment <u>must be removed</u> during conditioning activities. All Sports: Provide at least 4 separate rest breaks each hour of practices for a minimum of 4 minutes each.	Encourage water and electrolyte drinks
95-104 Heat Index	Maximum length of practice is 1 hour	Equipment Intensive Sports: No protective equipment may be worn during practice (and no contact drills may take place) All Sports: No conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.	Encourage water and electrolyte drinks
105 and Above Heat Index	No outdoor work outs	Cancel exercise, practices, and events due to risk of heat illness	Encourage water and electrolyte drinks

Lightning Policy Cheat Sheet

- How to Determine How Far Away Lightning or Thunder Is
 - “Flash to Bang” Method
 1. Estimate the distance between the venue and a lightning flash by counting the number of seconds until you hear thunder after visually observing lightning.
 2. Then divide the number of seconds by 5 to calculate the distance in miles.
 3. This method may be used when technology, such as the weather apps mentioned below, are not working and/or accessible.
 4. **Example:** If you see lightning and it takes 10 seconds before you hear thunder, the lightning is 2 miles away.
 5. Any time that it takes 30 seconds or less to hear thunder after lightning is observed, the entire event should be cleared and all participants and attendees should find appropriate shelter.

- Weather App

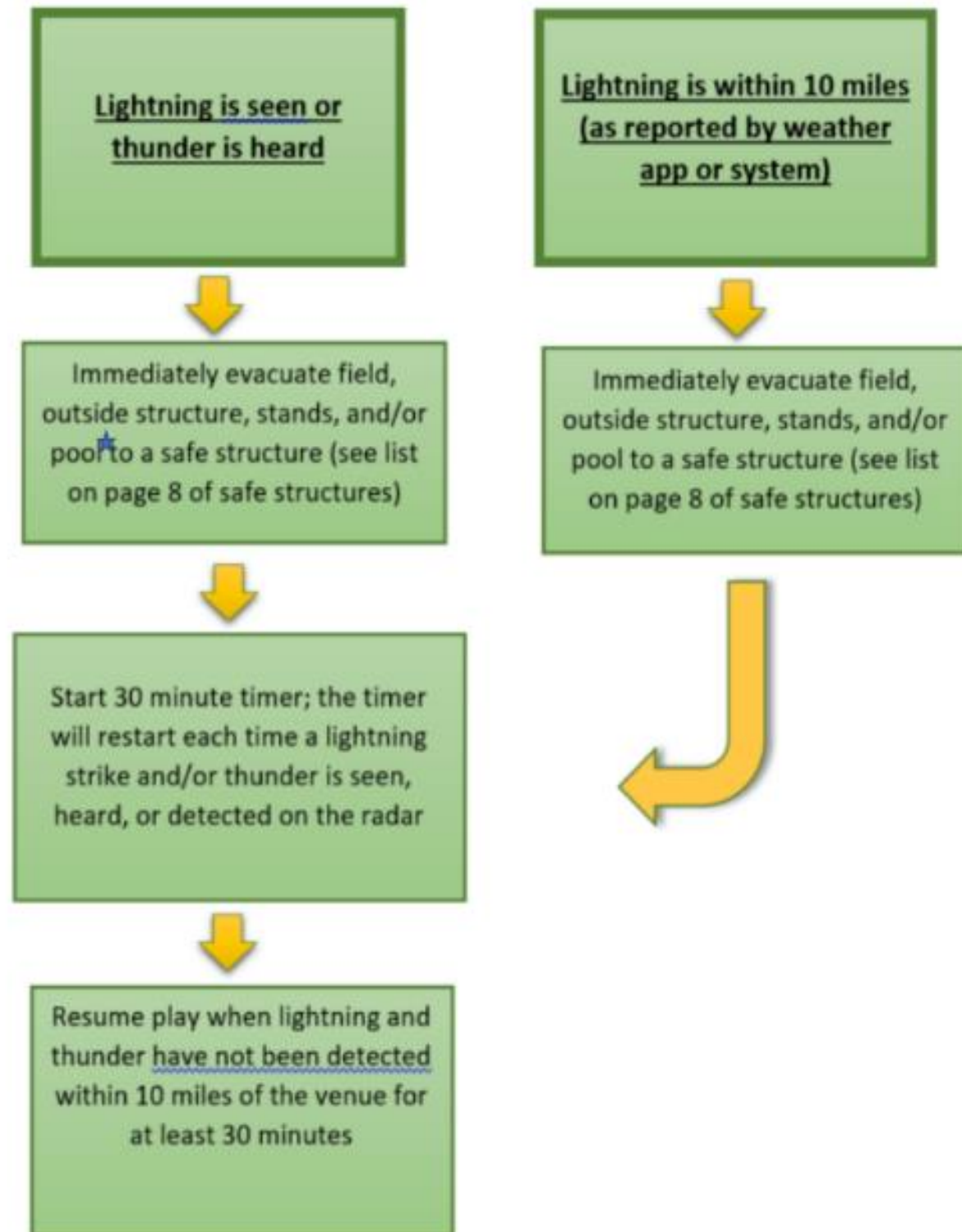
1. Weather apps, such as WeatherBug will be used to monitor lightning.
2. Use the lightning radar to determine the proximity of lightning to the venue.



- Lightning Safe Shelters
 - Lightning safe shelters
 1. Have 4 walls, a roof plumbing, and electricity
 - Fully enclosed cars with 4 wheels are also considered lightning safe shelters.
 2. If you have to tell people to evacuate, encourage them to go to safe shelters (avoid unsafe shelters such as dugouts, bleachers, etc).
- Pool Evacuation
 - Campus Rec pool does not need to be evacuated (it is grounded and protected from lightning)
 - All other pools, including Adair need to be evacuated if lightning is within 10 miles and or lightning is seen/thunder is heard

If you see lightning or hear thunder, or if the radar shows that lightning is within 10 miles of the venue (make sure to check the weather app if you think a storm is coming!), follow the flowchart on the next page.

Lightning Policy Flowchart



★ Pool Evacuation

- Campus Rec pool does not need to be evacuated (it is grounded and protected from lightning)
- All other pools, including Adair need to be evacuated if lightning is within 10 miles and or lightning is seen/thunder is heard

Concussion Policy Cheat Sheet

Recognize a Suspected Concussion

- Concussions occur when the brain sustains a traumatic force. This can be caused by:
 - Head to head contact
 - Hit to head
 - Blow to the body
- Signs and Symptoms- If someone reports even **one** of these signs or symptoms after a hit to the head or body, a concussion should be suspected:
 - Headache
 - "Pressure in head"
 - Neck Pain
 - Nausea or vomiting
 - Dizziness
 - Sensitivity to light
 - Sensitivity to noise
 - Feeling slowed down
 - Feeling like "in a fog"
 - "Don't feel right"
 - Balance problems
 - Difficulty remembering
 - Fatigue or low energy
 - Confusion
 - Drowsiness
 - More emotional
 - Irritability
 - Sadness
 - Nervous or Anxious
 - Trouble falling asleep
 - Difficulty concentrating
- Red Flag Signs and Symptoms
 - Neck pain or tenderness
 - Double vision
 - Weakness or tingling/burning in arms or legs
 - Severe or increasing headache
 - Seizure or convulsion
 - Loss of consciousness
 - Deteriorating conscious state
 - Vomiting
 - Increasingly restless, agitated or combative

All Programming Other Than Sport Clubs

- Once the Concussion is Suspected
 - ATs on site/during the Athletic Training Hours of Operation
 1. Immediately remove the participant from the activity
 2. Call or radio the athletic trainer
 - Radio- say "AT come back", once the AT replies, inform them that there is a suspected head injury and where you are located
 - Call (give the same information as above)
 - Kim: 757-221-1029
 - Christi: 757-221-3276
 3. The AT will either come to you or ask you to bring the participant to them
 4. The AT will take it from there. Make sure to finish your accident report and you are good to go!
 - ATs NOT on site
 1. Immediately remove the participant from the activity
 2. Review the CRTS
 3. Complete an accident report
 4. Provide the participant with a concussion fact sheet
 5. Provide them with the Concussion Medical Status Form (Fill out name and date at the top of the page)
 6. Inform the participant that they will not be able to return to play/exercise until they have seen a doctor, successfully completed the return to play, and provided a fully completed Concussion Medical Status Form to the ATs
 7. Inform them that they will be suspended on IM Leagues and Fusion by the ATs until they are cleared to return to play
- **If at any point someone reports red flag signs or symptoms activate the site specific Emergency Action Plan (this includes calling 911)**

Concussion Policy Cheat Sheet

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Cold Weather Policy Cheat Sheet

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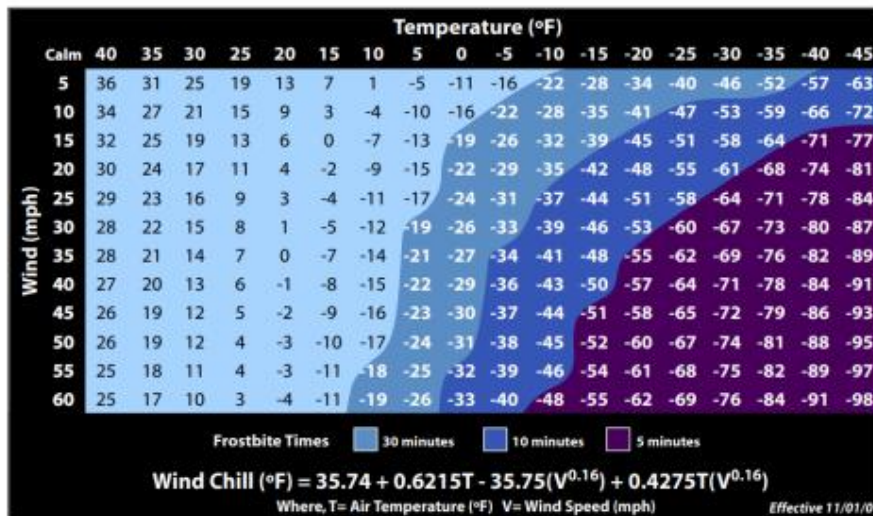
- You will be notified of the current weather conditions and any practice/event modifications that need to be made.

- **If the ATs are not present:**

- The student staff, safety officer, or William & Mary Campus Recreation professional staff will:
 1. Determine the wind chill at the beginning of the practice/event using the directions below.
 2. Institute and enforce any activity modifications as directed from the Environmental Cold Weather Guidelines Chart below.

- **How to determine the Wind Chill:**

- Using a weather app (we recommend Weather Bug) determine the **temperature** and the **wind (mph)**.
- Using the wind chill chart below and the numbers you just determined -- find the approximate temperature on the row at the top of the chart, and the wind speed on the column to the left of the chart. Drawing imaginary lines down and across from the temperature and the wind (mph) respectively, the number where they overlap is your current wind chill.
- **For example:** If the temperature is 30 degrees F and the wind (mph) is 15 mph, the wind chill is 19.
- Using the wind chill that you've calculated, follow the Environmental Col Weather Guidelines chart below to make the appropriate practice/event modifications.



Environmental Cold Weather Guidelines: (NATA Environmental Cold Injuries)

Temperature Reading	Activity Guidelines
30°F (-1.11°C) and below	Be aware of the potential for cold injury and notify appropriate personnel of the potential.
25°F (-3.89°C) and below	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
15°F (-9.44°C) and below	Consider modifying activity to limit exposure or to allow <u>more frequent chances to rewarm.</u>
0°F (-17.78°C) and below	Consider terminating or rescheduling activity.