

BOARD PROCEDURE

Descriptive Code: JH

STUDENT ACTIVITIES

Date: September 9, 2008

School system employees that supervise outdoor activities shall exercise good judgment to protect the safety of students and spectators by properly monitoring and responding to weather conditions.

Heat Index

A heat index reading (HX) by a scientifically approved instrument should be obtained immediately prior to participation in and periodically throughout outdoor activities. For activities occurring during the school day, this reading can be obtained from the following web site:

<http://www.erh.noaa.gov/ifps/MapClick.php?CityName=Evans&state=GA&site=CAE>

If web site information cannot be obtained, then a heat index reading may be acquired from Columbia County Emergency Services at (706) 868-3303.

For activities occurring outside of the school day, a scientifically approved instrument must be on site and utilized periodically throughout the activity to ensure that guidelines are followed.

Replacement of lost fluids and periodic rest is essential to the health of anyone participating in outdoor activities during hot and humid conditions. The definition of rest is minimal physical activity with no running or vigorous activity. Rest should be accomplished in the shade or in an air conditioned environment if possible. The guidelines below regarding the heat index (HX) and the water intake/work/rest cycle in minutes per hour are mandatory:

<u>Heat Condition Level</u>	<u>HX</u>	<u>Water-Fluid Intake/Work/Rest (each hour)</u>
1	75-79° F	Minimum of 8 oz / Continuous
2	80-90°F	Minimum of 8 oz / 50 min. / 10 min.
3*	90-100°F	Minimum of 16 oz / 45 min. / 15 min.
4**	101-110°F	All Outdoor Activities Suspended

Any coach or sponsor that supervises outdoor activities shall exercise good judgment in responding to a student who, at any heat index level, requests an unscheduled rest or hydration break.

*Reduce outdoor physical training and recess for elementary level to a period of time not greater than 20 minutes. Continue to enforce recommended water intake.

** Suspend all outdoor physical training and strenuous activity. This includes athletic practices, physical education classes, and outdoor band practices.

Lightning

When conditions for weather involving lightning are present during outdoor activity, a scientifically approved instrument must be on site and utilized periodically throughout the activity as mandated by the Georgia High School Association. When the lightning detector indicates a dangerous situation, the supervising adult shall suspend play and all participants will go to a place of safety. Participation may resume when the detector indicates that it is safe to resume activity.

ADOPTED: July 8, 2002

REVISED: 8/2/06, 2/20/07

Columbia County Board of Education