This handbook is to provide coaches and administrators with an Emergency Action Plan should EMS be activated for emergency situations or in case of severe weather conditions. Severe weather and emergency situations may arise at any time during athletic events. Since weather is unpredictable, you can never give exact guidelines. Good common sense should also be utilized. Severe weather is defined as any weather related situation requiring all athletes and spectators to move to safe shelter. Expedient action must be taken in order to prevent life threatening conditions. Student safety is a priority over the completion of an athletic event.

Coaches and administrators are advised to review the following guidelines in order to be prepared should a severe weather or emergency situation arise. Guidelines are in accordance with UIL and state law mandates and in conjunction with CISD policies and procedures.
Safety Training

Senate Bill 82, in effect since the 2007-2008 school year, related to safety regulations for certain public school extracurricular activities.

This legislation:

1. Requires safety training for all coaches or sponsors for athletic activities, and any marching band director. UIL has developed a safety training program for coaches and sponsors of athletic activities that is available through the UIL Online as part of the Rules Compliance Program. Visit the Rules Compliance Program to complete Safety Training.

   Additional information from the Texas Administrative Code, Chapter 76.1003, on these requirements as they pertain to athletic trainers and team physicians.

2. Mandates that schools, at least once per year, conduct a safety drill that incorporates the training described in the safety training program developed by UIL.

3. Requires that student athletes be provided training in recognizing symptoms of catastrophic injuries, including head and neck injuries, concussions, asthma attacks, heatstroke, cardiac arrest and injuries requiring use of an AED, the risks of using nutritional supplements. This training can be conducted by the school, using the materials available on the SB 82 portion of the Health and Safety Section of the UIL web site. Download safety training Powerpoint presentation. (revised June 2016)

4. Mandates that unsafe athletic activities are prohibited and schools must make sure that safety precautions are required (asthma medication, hydration materials present, emergency lanes clear etc.)

5. Requires that any student who is rendered unconscious while participating (in practice or game) cannot participate further in that practice or game anymore and must get written clearance prior to any further participation.

6. Mandates that records of compliance with the requirements of the legislation be kept and be made public upon request.

7. Requires that non-compliance with the provisions of the bill could subject the school to penalties as outlined in section 27 and 29 of the Constitution and Contest Rules.

8. Mandates that the Texas Education Agency create hotline number and email address for reports of non-compliance and schools must post that information in their administration offices. To report complaints or violations, contact the Curriculum Division of the Texas Education Agency by phone at 512-463-9581 or by email at curriculum@tea.state.tx.us.

9. Requires the text of sections of bill as well as the Parent Information Manual must be provided to parents of participants. The bill does allow that the required materials can be provided electronically, unless specifically requested otherwise.
Emergency Contacts

CISD Athletic Director – Charles Lincoln          O: 817-297-5248

CISD Athletic Administrative Assistant – Lana Dawson O: 817-297-5248

NCHS Athletic Coordinator – Tommy Brakel          O: 817-263-1250

NCHS Campus Principal – Daryl Porter              O: 817-263-1250

NCHS Campus Resource Officer – Officer Eric Canales O: 817-263-1250

NC 9th Administrator – Camcea Stapinski           O: 817-297-5896

NC 9th Resource Officer – Officer Ricki Thompson  O: 817-297-5896

NCHS Athletic Trainer – Clayton Gill              O: 817-263-1250

NCHS Athletic Trainer – Valerie Duran             O: 817-263-1250

Summer Creek MS Campus Admin – Cayla Grossman     O: 817-297-5090

SCMS Athletic Coordinator (Boys) – Bryan Kelly    O: 817-297-5090

SCMS Athletic Coordinator (Girls) – Cheryl Morgan O: 817-297-5090

SCMS Resource Officer – Officer Ursula Gardner    O: 817-297-5090

Crowley MS Campus Admin – Omarian Brown           O: 817-370-5650

Crowley MS Athletic Coordinator (Boys) – Robert Frank O: 817-370-5650

Crowley MS Athletic Coordinator (Girls) – Dalencia Tatum O: 817-370-5650
Safety Policies

Lightning Protocol

Chain of Command – The Office of School Administration, the Athletic Coordinators, the Game Day Administrator and the Athletic Trainer will work together to implement the policy at the time of the event. The Athletic Trainer will have a weather watcher that monitors the forecast. Contracted trainers will contact Middle School and High School Athletic Coordinators and High School Trainers. Middle School and High School Coordinators will contact campus Principals.

Thor Guard Monitoring and Siren System – CISD uses the Thor Guard system as it’s primary source for inclement weather detection and lightning safety specifically. Thor guard uses top of the line predictive science to determine imminent danger. When the system predicts the right climate for lightning in the predetermined point of reference, a siren will sound that can be heard throughout campus to alert all participants, coaches, and spectators to seek immediate shelter in one of the designated safe zones. In addition, a strobe light that is mounted by the siren will continue to flash letting all know that all outside activity is suspended until the threat clears. Once the system has determined that all inclement weather has moved outside the area, the siren will signal a safe return to the fields by sounding 3 short blasts and the strobe light will turn off.

WeatherSentry Monitoring System – CISD utilizes the Weather Sentry monitoring system as a secondary source that provides all current/real time alerts and information using radar detection of predetermined points of reference that include an Advisory area (20 mile circumference), a Caution Area (15 mile circumference) and a Warning Area (8 mile circumference) around athletic venue. Alerts are sent through text messages and other means to participating coaches, athletic trainers, and administrators giving specific instructions and information regarding inclement weather situations. This means of observation should be utilized before any other to determine safety and subsequent changes in schedules (ie: postponements, cancellations, evacuations…etc)

In a situation where any CISD team is participating in a venue that is outside the scope of our preferred monitoring systems (off-campus sites), the following monitoring protocols are recommended. However, we encourage our teams to check with their host venue and follow their specific protocols.

The 30-30 Lightning Safety Rule - Using the Flash-to-Bang method will be our primary way of tracking a storm. Thunder always accompanies lightening. The audible range of thunder is 8-10 miles. Light travels at the speed of 1 mile every 5 seconds. To use the Flash-to-Bang method, count the number of seconds once lightening is sighted until the thunder is heard. Divide by 5 to determine how far away, in miles, the lightening is occurring. Play is suspended when the Flash-to-Bang method reaches 30 seconds or less. This means the lightning storm is 6 miles away or closer.

Skyscan Lightning Detector - The Skyscan lightning detector will be used as a secondary source to the Flash-to-Bang method. The Athletic Trainer will monitor the Skyscan. This instrumentation is effective but cannot guarantee safety. This unit is only used to track the stages of potential lightning. If two consecutive readings in the 3-8 mile range or closer are observed on the monitor, the field will be cleared.

Resumption of Play - Resumption of play occurs when lightning has not been detected for 30 minutes. Every time lightning is detected within the 8 mile or less range, the 30-minute clock will restart. The administrator on duty will make the final decision as to whether a contest will be suspended or postponed

List of Safe Locations – A safe location is any large enclosed building with plumbing and/or electrical wiring that is used to ground the structure. The secondary safe location is in any vehicle with a hard metal roof, such as a personal vehicle or school bus. Do not touch the sides of the vehicle. While in the safe location, stay away from metal objects, phones and computers that have a land line (cell phones are acceptable).

Places to Avoid - Avoid any structure that has an exposed opening such as metal sheds and baseball/softball dugouts. Also avoid high places, open fields, trees, bleachers, metal fences, and open water.

The following guidelines will be used to determine alterations to practice and game schedules due to inclement weather. The occurrence and distance of lightning will be determined from a weather verification service. Decisions on contests will be made accordingly. Athletic Coordinators will contact the Office of School Administration at 817-297-5292.

Field Conditions

Chain of Command – The Office of School Administration, the Athletic Coordinators, and the Sports Head Coaches will work together to implement the policy at the time of the event. The Athletic Trainer will have a weather watcher that monitors the forecast. Contracted trainers will contact Middle School and High School Athletic Coordinators and High School Trainers. Middle School and High School Athletic Coordinators will contact campus Principals. The Office of School Administration will communicate with Fine Arts.

The above guidelines will be used to determine alterations to practice and game schedules. Decisions on contests will be made accordingly. Athletic Coordinators will contact the Office of School Administration at 817-297-5292.
Heat Policy – Hot Weather Protocol

The following are guidelines for coaches and athletic trainers to help prevent heat related illnesses and emergencies. High School and Middle School events will follow the recommended UIL District Guidelines. These guidelines will be strictly followed. Failure to do so could result in serious illness or death.

Practice or competition in hot and humid environmental conditions poses special problems for students. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems.

To decrease the risk of heat illness/emergencies:

- **Gradually Acclimatize Athletes** - get them accustomed to working out in the heat. A gradual acclimatization for the student(s) to hot/humid conditions is recommended. We encourage gradual increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days for students to achieve acclimatization. **For example:**

  **Football** – There is a 5 day acclimatization period required by UIL. The first 2 days only tshirts, shorts and helmets are permitted. The next 3 days in helmets and shoulder pads only. For practice/break time allowances, frequencies and other limitations, see UIL Fall Football Practice Regulations on the UIL website.

  **Cross Country** - These athletes must be monitored closely at all times. Running distance should be increased gradually. Monitor weather conditions closely with staff Athletic Trainers as outlined below.

  **Volleyball and Basketball (indoors sports)** - Coaches should be aware that heat problems can occur indoors if the athletes are not properly hydrated. If a coach chooses to practice outdoors, he/she should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous.

  **Soccer, Track, Tennis, Baseball and Softball** - The first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if athletes start workouts at 50% and ease in to a full 100%. This usually takes two to three weeks for track athletes.

  **Golf** - The coach needs to monitor weather conditions daily. See temperature/humidity readings chart.

- **Identify Susceptible Athletes**- Those athletes that are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.

- **Uniforms** - Use lightweight, breathable jerseys/pants in hot weather months. Watch for athletes wearing extra clothing.

- **Allow Fluid Replacement** - Athletes should have unlimited access to cold water at all times. DO NOT RESTRICT WATER AS A FORM OF MOTIVATION!

- **Encourage a Good Diet** - Athletes MUST eat lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages in season.

- **Alter Practice Schedule According to Temperature/Humidity Readings** - A sling psychrometer is an instrument that measures the ambient temperature and the relative humidity at a practice site and can be used to monitor heat index. CISD uses alerts from Weather Sentry as well as any alerts and advisories from all national weather outlets. **Practices may be altered according to the following conditions:**

### Temperature Scale (Heat Index) / Relative Humidity

<table>
<thead>
<tr>
<th>Temp °F</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
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<td>167.6</td>
<td>183.9</td>
<td>200.5</td>
<td>217.7</td>
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</table>

Adapted from Texas Department of Health
Accommodations for CISD Athletic Participation in Hot Environments

Heat Index 95-99 – Increase frequency of water breaks to approximately one every 20 min. Athletes must have access to heat refuge during practice or break times should they become symptomatic of heat illness.

Heat Index 100-104 - Increase frequency of water breaks to one every 15 minutes. Athletes must have access to heat refuge during practice and break times should they become symptomatic of heat illness. No outdoor workouts for unacclimatized athletes. (minimum of 10 consecutive days in heat)


Heat Index 110 or above – Suspend all outdoor activity for all levels/all campuses.

* Athletes will have unlimited access to water during all outdoor activities at all times.

Cold Weather Precautions

Cold exposure can be uncomfortable, increase the risk of injury, and impair performance. Factors to take into consideration include more than just the temperature. Wind chill and wet conditions will increase the cooling effect. Wind Chill interacts with the temperature to significantly increase body cooling. The combination of cold air and the deep breathing of exercise can also trigger breathing problems. If the body and clothing are wet, there is an increase of body cooling. This could be from sweat or rain.

- **Chain of Command** – The Office of School Administration, the Athletic Coordinators, the Game Day Administrator and the Athletic Trainers will work together to implement the policy at the time of the event. The Athletic Trainers will have a weather watcher that monitors the forecast. Contracted trainers will contact Middle School and High School Coordinators and High School Trainers. Middle School and High School Athletic Coordinators will contact campus Principals.

1. **Dress in layers** - Athletes should dress in layers and try to stay dry. Heat loss from the head and neck can be as much as 50% of total heat loss; therefore, the head should be covered during very cold conditions.
2. **Warm-up** - Adequate warm-up is essential to prevent injuries, especially in cold conditions. Try to keep warm throughout the practice or contest.
3. **Stay Hydrated** - Dehydration affects the body’s ability to regulate temperature whether it is hot or cold conditions.
4. The Office of School Administration will communicate with Fine Arts.

The following guidelines will be used to determine alterations to practice and game schedules due to cold conditions. The temperature and wind chill readings will be taken from a weather verification service. Decisions on contests should be made by 12:00pm of the day of the contest. The Office of School Administration will contact the Office of School Administration at 817-297-5292.

Temperature is **32 degrees or above** with Wind Chill **below 28 degrees**
Daylight activities may continue following the guidelines above.
Evening activities will not be played.

Temperature is **below 32 degrees** with Wind Chill **below 28 degrees**
All activities are moved indoors or canceled.

*Wet weather could add to the possibility of canceling activities or moving them indoors.*
Summer Creek Middle School Gym 1 and Gym 2

1. Call 911 to activate EMS
2. Request EMS personnel to: **10236 Summer Creek Dr., Crowley, TX 76036**
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information:
   a. Name of person calling
   b. Number of victims and their condition
   c. First aid treatment initiated
   d. Specific information to locate emergency scene: **Proceed to Main Gym Concourse entry way on west side of the building.**

Alternate Entrance: Main entrance of building – Proceed through front doors, down the main hallway, and through the glass doors to the gyms.

**Tornado Warning/Alert**

In the event of a tornado alert an announcement will be made to clear the fields and gyms and proceed to safe shelter.

Safe Shelter will be:
   - Main Building
     All athletes, coaches, and spectators will proceed to main part of building and get into hallways. CISD Administrators and security will facilitate.

**AED Location: First Location** – Main gym hallway- AED is located on the wall between girls locker room and weightroom.
   Second Location – Front hallway outside of the main office.

Notes:
- A staff member should accompany any student-athlete or district personnel to hospital when available.
- Parents, guardians, or next of kin should be notified immediately
- Inform administration
- Have medical history available
- Complete appropriate documentation
Summer Creek Middle School – Football/Track Field

1. Call 911 to activate EMS
2. Request EMS personnel to: 10236 Summer Creek Dr., Crowley, TX 76036
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information:
   a. Name of person calling
   b. Number of victims and their condition
   c. First aid treatment initiated
   d. Specific information to locate emergency scene: Proceed to west side of the building using the first northeast entrance.

Alternate entrance: Continue south on Summer Creek Dr. past the school and turn right. Follow street to west side of the school.

Lightning
The CISD Lightning Safety policy will be followed.

If bad weather and/or lightning are detected coaches and officials will be told to clear the field and proceed to safe shelter.

Safe Shelter will be:
   Main Building (SCMS) – Administrators and Coaches will have access to open building.
   Team Buses
   Spectator Vehicles

All athletes and coaches will need to gather all belongings to take inside with them. Student-athletes will NOT be allowed back outside to retrieve personal items.

Tornado Warning / Alert
In the event of a tornado alert, coaches and officials will be told to vacate the field.

Safe Shelter will be:
   Main Building (SCMS)

Evacuate the premises as soon as a tornado warning has been issued for Tarrant County. Coaches will escort all athletes to locker rooms and follow the school’s emergency weather protocol.
Spectators will be notified of warning and advised to seek safe shelter.

AED Location: Located in the main gym hallway on the wall, between girls locker room and weight room.
   Second Location - Front hallway outside of main office.

Notes:
• A staff member should accompany any student-athlete or district personnel to hospital when available.
• Parents, guardians, or next of kin should be notified immediately
• Inform administration
• Have medical history available
• Complete appropriate documentation

All athletes and coaches will need to gather all belongings to take inside with them. Student-athletes will NOT be allowed back outside to retrieve personal items.
Summer Creek Middle School Tennis Courts

1. Call 911 to activate EMS
2. Request EMS personnel to: 10236 Summer Creek Dr., Crowley, TX 76036
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information:
   a. Name of person calling
   b. Number of victims and their condition
   c. First aid treatment initiated
   d. Specific information to locate emergency scene: Proceed to southwest side of campus.

Lightning
The CISD Lightning Safety policy will be followed.
If bad weather and/or lightning are detected coaches and officials will be told to clear the courts and proceed to safe shelter.
Safe Shelter will be:
   - Main Building (Athletes will be escorted by coaches to locker rooms)
   - Team Buses
   - Spectator Vehicles
*Underneath the bleachers is not considered safe shelter.*

All athletes and coaches will need to gather all belongings to take inside with them. Student-athletes will NOT be allowed back outside to retrieve personal items.

Tornado Warning/Alert
In the event of a tornado alert, coaches and officials will be told to vacate the courts and bleachers.
Safe Shelter will be:
   - Main Building for everyone
   - All athletes, coaches, and spectators will proceed to main part of building and get into hallways. CISD Administrators and security will facilitate.

Evacuate the premises as soon as a tornado warning has been issued for Tarrant County. Coaches will escort all athletes to locker rooms and follow the school’s emergency weather protocol. Spectators will be notified of warning and advised to seek safe shelter.

AED Location: Located in the main gym hallway on the wall, between girls locker room and weight room. Second Location - Front hallway outside of main office.

Notes:
• A staff member should accompany any student-athlete or district personnel to hospital when available.
• Parents, guardians, or next of kin should be notified immediately
• Inform administration
• Have medical history available
• Complete appropriate documentation
North Crowley 9th Gym 1 and Gym 2

1. Call 911 to activate EMS
2. Request EMS personnel to: 4630 McPherson Blvd.
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information:
   a. Name of person calling
   b. Number of victims and their condition
   c. First aid treatment initiated
   d. Specific information to locate emergency scene: Proceed to Main Gym Concourse entryway on northwest corner of building.

Alternate Entrance: North side of building – proceed through double doors on backside of school, first door/hallway to the left is athletic hallway and leads to gyms.

Tornado Warning/Alert
In the event of a tornado alert an announcement will be made to clear the fields and gyms and proceed to safe shelter.

Safe Shelter will be:
   Main Building
       All athletes, coaches, and spectators will proceed to main part of building and get into hallways. CISD Administrators and security will facilitate.

AED Location: First Location – Southeast corner of main gym concourse at D hallway. AED is located in the corner by fire extinguisher.
   Second Location – Main Building entry area, AED is located right next to front office doors.

Notes:
• A staff member should accompany any student-athlete or district personnel to hospital when available.
• Parents, guardians, or next of kin should be notified immediately
• Inform administration
• Have medical history available
• Complete appropriate documentation
NC 9th – Auxiliary Football/Soccer Field

1. Call 911 to activate EMS
2. Request EMS personnel to: **4630 McPherson Blvd.**
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information:
   a. Name of person calling
   b. Number of victims and their condition
   c. First aid treatment initiated
   d. Specific information to locate emergency scene: **Proceed to Southeast corner to main entrance gate**
      Alternate entrance: Northeast side of field. Follow sidewalk to double gate entrance.

**Lightning**
The CISD Lightning Safety policy will be followed.
If bad weather and/or lightning are detected coaches and officials will be told to clear the field and stadium and proceed to safe shelter.

**Safe Shelter will be:**
- Main Building (NC9th) – Administrators and Coaches will have access to open building.
- Field House
- Concessions/Restroom Building
- Team Buses
- Spectator Vehicles

*Underneath the bleachers is not considered safe shelter.*

All athletes and coaches will need to gather all belongings to take inside with them. Student-athletes will NOT be allowed back outside to retrieve personal items.

**Tornado Warning/Alert**
In the event of a tornado alert, coaches and officials will be told to vacate the field and bleachers.

Safe Shelter will be:
- Main Building (NC9th)
- Field House
- Concession/Restroom Building

Evacuate the premises as soon as a tornado warning has been issued for Tarrant County. Coaches will escort all athletes to locker rooms and follow the school’s emergency weather protocol.

Spectators will be notified of warning and advised to seek safe shelter.
The visiting team will be escorted to NC 9th and the coaches and administrator on duty will provide them with safe shelter.

*The Weight Room/Pit should only be used as last option. Seek shelter in more secure area when possible.*

**AED Location:** Located on outside of concession building on south end of field.

**Notes:**
- A staff member should accompany any student-athlete or district personnel to hospital when available.
- Parents, guardians, or next of kin should be notified immediately
- Inform administration
- Have medical history available
- Complete appropriate documentation