

Weather Parameters

As part of the inclement weather protocol, District personnel must monitor weather conditions and utilize good judgment when modifying academic and physical activities.

There are many factors to be considered regarding weather safety: the temperature, duration of exposure, clothing, and other protection. These factors, together with other relevant information such as different geographical areas, wind chill factor, and heat index, must be taken into consideration when a decision is to be made regarding cold or hot weather, wind, and lightning.

Midwest, Alcova, and Red Creek will receive Perry Weather information from the Natrona County Airport. All other schools and programs will receive Perry Weather information from the NCHS weather station.

❖ Wind

- Evaluate immediate and future weather conditions
- If wind speed is at a sustained 30mph or higher
 - Use caution - evaluate weather conditions
 - Look for items that may become airborne because of wind speed
 - Children should be held indoors and not sent outside for extended periods greater than 10 minutes
 - Wind chill could become a factor
 - If the conditions become hazardous the activity/event should be delayed or rescheduled

❖ Heat precautions

- If the temperature forecast is 82 °F and 15% humidity or higher during participation
 - Give recommendations to participants about
 - Clothing
 - Skin protection - sunscreen
 - Hydration - Allow water breaks every 15 - 30 minutes
 - Allow for rest periods during the activity
 - Fatigue is possible with prolonged exposure or physical activity

- The activity may continue with the monitoring of weather conditions
- If the temperature forecast is 92° F and 15% humidity or higher during participation
 - Allow for extended rest and hydration periods lasting 15 to 30 minutes during the activity
 - The activity should be delayed until weather conditions improve or be rescheduled
 - Sunstroke, muscle cramps and or heat exhaustion possible with prolonged exposure and or physical activity

❖ Cold precautions

- If the air temperature with or without the wind chill factor is between 30° and 15° F
 - Make sure participants have the proper equipment to protect them from the cold weather
 - Have a place to go and warm up during the activity
 - Maintain proper hydration
 - Be aware of the potential risk of injuries
 - Provide chances to rewarm
- Administrators, Athletic Trainers or Coaches
 - Evaluate the immediate and future weather conditions
 - Start to make a plan if the weather begins to deteriorate
 - Has the right to delay or cancel an activity if the conditions become hazardous
- If the temperature with or without wind chill factor is 15° F and 10° F
 - Students should have an indoor area available to rewarm
 - Make sure students have the proper equipment to protect them from the cold weather
 - Consider modifying the activity to limit exposure
- If the Temperature with or without wind chill factor is 10° F to 0° F
 - Students should not be outside for extended periods of time greater than 10 minutes
 - Monitor environmental conditions
 - Schedule indoor activities
 - The activity should be delayed or rescheduled if weather conditions do not improve
- If the Temperature with or without wind chill factor is 0 or less
 - All outdoor activities will be terminated or rescheduled including outdoor recess.

❖ Mountain Specific Guidelines

- Temperatures of 5° F to -13° F
 - Administrators, Athletic Trainers or Coaches
 - Evaluate the immediate and future weather conditions
 - Limit exposure and allow frequent chances to warm
 - Make sure participants have the proper equipment to protect them from the cold weather
- Temperatures -13° F and below
 - The competition or practice should be delayed or rescheduled if weather conditions do not improve

❖ Lightning

- Lightning detected between 20 - 30 miles away
 - Check the radar and evaluate the storm intensity and path
 - Start making a plan of action e.g., determine evacuation strategy and safe areas for participants
- Lightning detected between 10 - 20 miles away
 - Be prepared to evacuate the area and get all participants and spectators to safety
 - Increase monitoring of the storm intensity and path
 - Make an announcement to the participants and spectators regarding making a plan to evacuate if the warning siren sounds
- Lightning detected between 0 - 10 miles away
 - Take shelter
 - Make an announcement to warn all participants and spectators to take shelter
 - Wait for a 30 minute "All Clear"

❖ Wet Bulb Globe Temperature

- Wyoming is in Category 1
 - This is a temperature reading of what your body is actually feeling
 - It takes into consideration the angle of the sun, cloud cover, any wind, the ambient temperature and humidity
- WBGT is at 76.1° F or less
 - Normal activities
 - Provide 3 breaks per hour lasting at least 3 minutes
- WBGT is at 76.3 - 81.0° F

- Use discretion for intense or prolonged exercise
- allow for extra breaks for hydration
- WBGT is at 81.1 - 84.0° F
 - Maximum practice time for Football is 2 hours
 - Limited to wearing helmet, shoulder pads and shorts
 - All other sports need to provide breaks every 15 minutes lasting at least 4 minutes each
- WBGT is at 84.2 - 86.0° F
 - Maximum practice time for Football is 1 hour
 - No protective equipment may be worn during practice
 - There will be no conditioning activities
 - All other sports must have 20 minutes of breaks throughout an hour of practice
- WBGT is at 86.2° F
 - No outdoor workouts
 - Delay practice until a cooler WBGT is reached

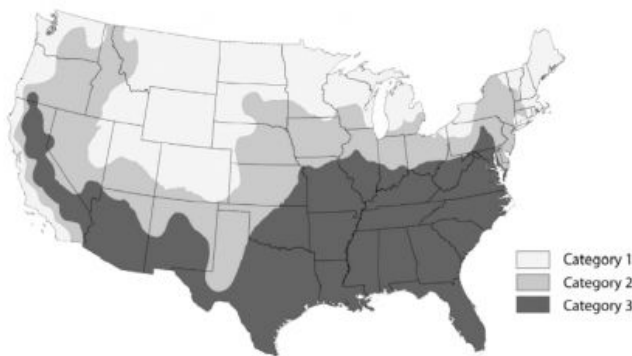


Fig. 2. Heat safety regions.

Wet Bulb Globe Temperature Chart

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F < 27.8°C	< 79.7°F < 26.5°C	< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥ 32.1°C	≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Heat Index Chart

		Relative Humidity (%)																			
		5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
80	77	78	78	79	79	79	80	80	80	81	81	82	82	83	84	84	85	86	86	87	87
81	78	79	79	79	79	80	80	81	81	82	82	83	84	85	86	86	87	88	90	91	91
82	79	79	80	80	80	80	81	81	82	83	84	84	85	86	88	89	90	91	93	93	95
83	79	80	80	81	81	81	82	82	83	84	85	86	87	88	90	91	93	95	97	97	99
84	80	81	81	81	82	82	83	83	84	85	86	88	89	90	92	94	96	98	100	100	103
85	81	81	82	82	82	83	84	84	85	86	88	89	91	93	95	97	99	102	104	104	107
86	81	82	83	83	83	84	85	85	87	88	89	91	93	95	97	100	102	105	108	112	112
87	82	83	83	84	84	85	86	87	88	89	91	93	95	98	100	103	106	110	113	117	116
88	83	84	84	85	85	86	87	88	89	91	93	95	98	100	103	106	110	113	117	121	121
89	84	84	85	85	86	87	88	89	91	93	95	97	100	103	106	110	113	117	122	122	122
90	84	85	86	86	87	88	89	91	92	95	97	100	103	106	109	113	117	122	127	127	127
91	85	86	87	87	88	89	90	92	94	97	99	102	105	109	113	117	122	126	132	132	132
92	86	87	88	88	89	90	92	94	96	99	101	105	108	112	116	121	126	131	131	131	131
93	87	88	89	89	90	92	93	95	98	101	104	107	111	116	120	125	130	136	136	136	136
94	87	89	90	90	91	93	95	97	100	103	106	110	114	119	124	129	135	141	141	141	141
95	88	89	91	91	93	94	96	99	102	105	109	113	118	123	128	134	140	140	140	140	140
96	89	90	92	93	94	96	98	101	104	108	112	116	121	126	132	138	145	145	145	145	145
97	90	91	93	94	95	97	100	103	106	110	114	119	125	130	136	143	150	150	150	150	150
98	91	92	94	95	97	99	102	105	109	113	117	123	128	134	141	148	148	148	148	148	148
99	92	93	95	96	98	101	104	107	111	115	120	126	132	138	145	153	153	153	153	153	153
100	93	94	96	97	100	102	106	109	114	118	124	129	136	143	150	158	158	158	158	158	158
101	93	95	97	99	101	104	108	112	116	121	127	133	140	147	155	155	155	155	155	155	155
102	94	96	98	100	103	106	110	114	119	124	130	137	144	152	160	160	160	160	160	160	160
103	95	97	99	101	104	108	112	116	122	127	134	141	148	157	165	165	165	165	165	165	165
104	96	98	100	103	106	110	114	119	124	131	137	145	153	161	161	161	161	161	161	161	161
105	97	99	102	104	108	112	116	121	127	134	141	149	157	166	166	166	166	166	166	166	166
106	98	100	103	106	109	114	119	124	130	137	145	153	162	172	172	172	172	172	172	172	172
107	99	101	104	107	111	116	121	127	134	141	149	157	167	167	167	167	167	167	167	167	167
108	100	102	105	109	113	118	123	130	137	144	153	162	172	172	172	172	172	172	172	172	172
109	100	103	107	110	115	120	126	133	140	148	157	167	177	177	177	177	177	177	177	177	177
110	101	104	108	112	117	122	129	136	143	152	161	171	171	171	171	171	171	171	171	171	171
111	102	106	109	114	119	125	131	139	147	156	166	176	176	176	176	176	176	176	176	176	176
112	104	107	111	115	121	127	134	142	150	160	170	181	181	181	181	181	181	181	181	181	181
113	104	108	112	117	123	129	137	145	154	164	175	175	175	175	175	175	175	175	175	175	175
114	105	109	113	119	125	132	140	148	158	168	179	179	179	179	179	179	179	179	179	179	179
115	106	110	115	121	127	134	143	152	162	173	184	184	184	184	184	184	184	184	184	184	184
116	107	111	116	122	129	137	146	155	166	177	177	177	177	177	177	177	177	177	177	177	177
117	108	112	118	124	132	140	149	159	170	181	181	181	181	181	181	181	181	181	181	181	181
118	108	113	119	126	134	142	152	162	174	186	186	186	186	186	186	186	186	186	186	186	186
119	109	114	121	128	136	145	155	166	178	178	178	178	178	178	178	178	178	178	178	178	178
120	110	116	122	130	138	148	158	170	182	182	182	182	182	182	182	182	182	182	182	182	182
121	111	117	124	132	141	151	162	174	187	187	187	187	187	187	187	187	187	187	187	187	187
122	111	118	125	134	143	154	165	178	178	178	178	178	178	178	178	178	178	178	178	178	178
123	112	119	127	136	146	157	169	182	182	182	182	182	182	182	182	182	182	182	182	182	182
124	113	120	129	138	148	160	172	172	172	172	172	172	172	172	172	172	172	172	172	172	172
125	114	121	130	140	151	163	176	176	176	176	176	176	176	176	176	176	176	176	176	176	176

Heat Index

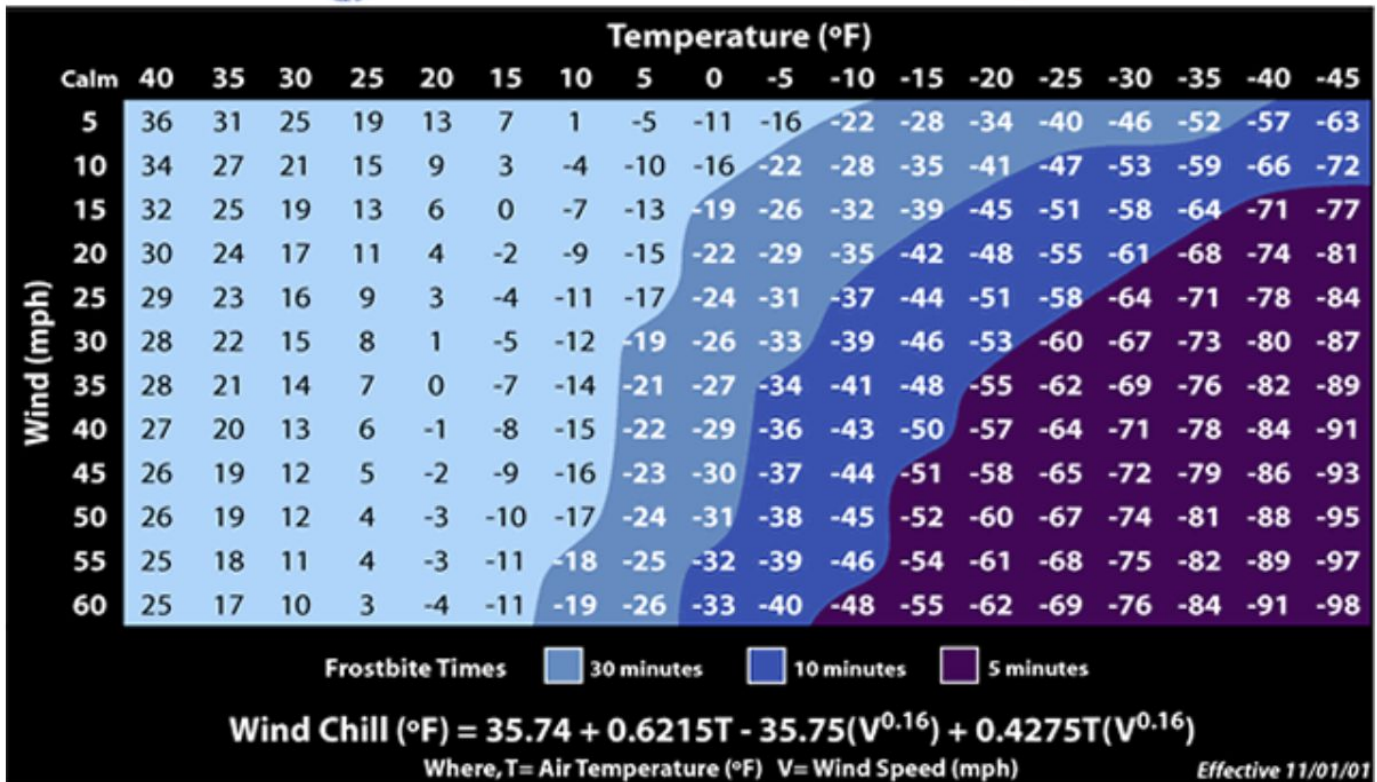


Extreme Danger	Heat stroke likely.
Danger	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	Fatigue possible with prolonged exposure and/or physical activity.

Wind Chill Factor Chart



Wind Chill Chart



Lightning Facts

- There is no safe place outdoors when a thunderstorm is nearby.
- The vast majority of lightning victims were going to a safe place but waited too long before seeking safe shelter.
- More than 80% of lightning fatality victims are **male**, typically between the ages of 15 and 40.
- Lightning fatalities are most common during summer afternoons and evenings.
- The energy from one lightning flash could light a 100-watt light bulb for more than 3 months.
- Many wildfires in the western United States and Alaska are ignited by lightning.
- The channel of air through which lightning passes can be heated to 50,000°F—**hotter than the surface of the sun!** The rapid heating and cooling of the air near the lightning channel causes a shock wave that results in the sound we know as **“thunder.”**

