

**LAKE MILLS
AREA SCHOOL DISTRICT
SEVERE
WEATHER
POLICY**



Lake Mills Area
SCHOOL DISTRICT

Extreme Heat:

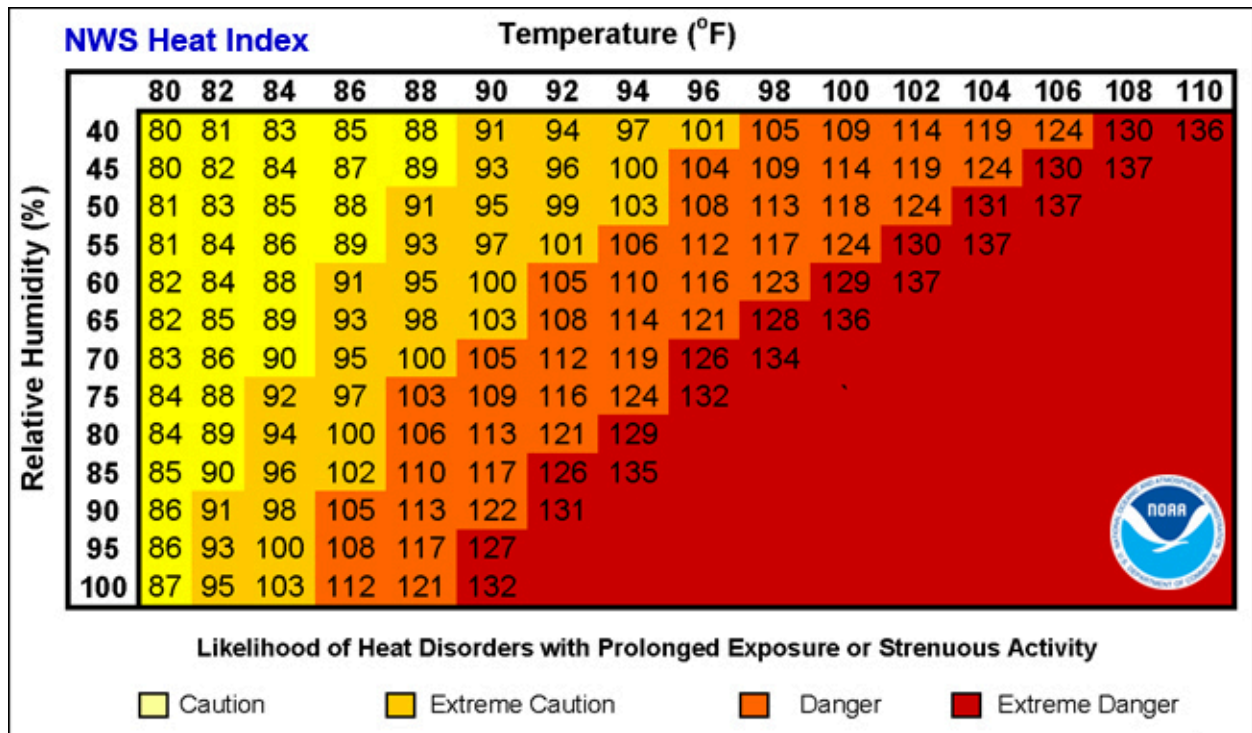
The purpose of these guidelines are to help protect Lake Mills Area School District participants, coaches and staff from excessive heat temperatures. In general, it is the practice of all LMASD employees, coaches and staff to use general common sense when assisting patrons in staying cool and hydrated during excessive heat.

Example:

1. Check-in with volunteer coaches and staff conducting activities outdoors; do they have access to shade or cooler areas of a building, access to water, are the instructors being sensitive to patron needs?
2. Closely monitor more vulnerable patrons such as the elderly and young children. Are they staying hydrated, do they have access to air conditioning?

The Heat Index:

The combination of temperature and relative humidity provides an apparent temperature that gives an idea of what it would feel like under normal-to-low humidity conditions. Excessive and dangerous heat indices typically occur during the summer months when there is an abundance of moisture and increased heat.



Hazardous Weather Risks:

- Excessive Heat Outlooks are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead time to prepare for the event, such as public utility staff, emergency managers and public health officials.

- Excessive Heat Watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.
- Excessive Heat Warning/Advisories are issued when an excessive heat event is expected in the next 36 hours. Warnings/Advisories are issued when an excessive heat event is occurring, is imminent, or has a very high probability of occurring. The warning is used for conditions posing a threat to life or property. An advisory is for less serious conditions that cause significant discomfort or inconvenience and, if caution is not taken, could lead to a threat to life and/or property.

Procedures:

When a Heat Warning/Advisory is issued by the National Weather Service, the following should occur: 1. By 10:00 am (or at least 30 minutes prior to a program starting before 10am) the Recreation Coordinator will communicate temperature, humidity, and approximate heat index readings from the National Weather Service to the Recreation Director or District Administrator who will then make program decision based on the following recommendations:

- Caution (INDEX of 80-90):** Proceed with scheduled activity; however, monitor participants carefully as physical activity may cause increased fatigue. Encourage additional fluid intake.
- Extreme Caution (INDEX of 91-104):** Fluid, shade, and/or rest breaks should be taken every 20-25 minutes by participants and staff. Activity should be modified for less exertion. Consider reducing program length as prolonged exposure may lead to heat cramps and/or heat exhaustion.
- Danger (INDEX of 105-124):** Fluid, shade, and/or rest breaks should be taken every 15-20 minutes by participants and staff. Reduce program/class length to no more than 60 minutes. Consider cancellation of youth and senior programs, high exertion activities, or any program when heat index exceeds 115 as prolonged exposure may lead to heat stroke and/or heat exhaustion.
- Extreme Danger (INDEX of 125+):** Cancel all outdoor activities

School district staff will be notified by the District Administrator and are responsible for notifying their staff and ensuring every effort is made to contact participants, in advance of the program, regarding heat related adjustments and cancellations.

***Discretion may be used when making decisions as programs with abundant shade, water, and frequent breezes may not require the modifications listed above.**

Poor Air Quality

The purpose of these guidelines is to help protect Lake Mills Area School District participants, coaches and staff from poor air quality during program operations. In general, it is the practice of all department employees to use good judgment when assisting patrons in lessening the impacts of poor air quality.

The Air Quality Index:

The U.S. Air Quality Index, or AQI, is the Environmental Protection Agency's (EPA) tool for communicating daily air quality. The EPA uses color-coded categories and provides definitions for each category which indicate air quality by location, population types that may be impacted, and steps to reduce exposure to air pollution.

AQI forecasts are usually issued in the afternoon for the next day. Staff should be aware of air quality forecasts that exceed 101 and be on alert for any participant symptoms that may develop. Air quality forecasts above 151 may require program modification depending on the participant demographic (individuals with disabilities, etc.). Table 1 below describes the air quality index values.

Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Source: AirNow.gov (2022)

Table 2 on the following page outlines the recommended activity levels for the various air quality index values.

Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
 green GOOD	Great day to be active outside!
 yellow MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 orange UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 red UNHEALTHY	For all outdoor activities , take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 purple VERY UNHEALTHY	Move all activities indoors or reschedule them to another day.

* Watch for Symptoms	Go for 60!
Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.	CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyouth/physicalactivity/guidelines.htm
If symptoms occur: The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.	Plan Ahead for Ozone
	There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

*All air quality index information courtesy of www.airnow.gov.

Procedures:

When an Air Quality Forecast above 101 is issued by the EPA, the following should occur:

1. Shortly after learning of the air quality forecast, the Recreation Director or Coordinator will confer with the District Administrator to determine the feasibility of running LMASD programs the next day based on the following guidance:
 - a. **Unhealthy (INDEX of 151-200):** Proceed with scheduled activity; however, monitor participants carefully as physical activity may cause symptoms. If activity is longer in length, encourage taking more breaks and do less strenuous activity (if possible). For sensitive groups, consider moving programs indoors or canceling.
 - b. **Very Unhealthy (INDEX of 201-300):** Move all programs indoors (where applicable). Depending on the available facility, consider cancellation of youth and senior programs, high exertion activities, or any program when the air quality index exceeds 201.
 - c. **Hazardous (INDEX above 301):** All programs must be conducted indoors within an air-conditioned facility or canceled.

2. Once a decision is made, employees are responsible for notifying their staff, coaches and ensuring every effort is made to contact participants, in advance of the program, regarding poor air quality related adjustments and cancellations.
3. The District Administrator will communicate the decision with the Director of Communications to initiate messaging via social media and the website.

****AQI forecasts can be found at www.airnow.gov**

Severe Weather

In the event of severe weather/storm warning, move all individuals to the designated place of shelter within the facility. The Building Director and/or Program Supervisor will be on duty to provide further instructions.

Weather Watch

Issued by the National Weather Service when severe weather conditions are **possible** in the area. Be prepared to take appropriate action if weather conditions worsen.

Weather Warning

Issued by the National Weather Service when severe weather has **been sighted** by trained observers or indicated by weather radar. If a severe weather warning is issued for your area, move to a designated area of shelter.

Other Information

1. If you are surrounded by debris, be aware that removing some of it can cause other debris or part of the building to collapse.
2. If it is not safe or possible to leave the area, stay put until assistance arrives.
3. Do not attempt to return to the building unless directed to do so.
4. Do not attempt to turn on or off any utilities or other equipment.
5. Report all injuries and damage to your immediate supervisor.

Severe Thunderstorm

Thunderstorms consist of damaging winds, lightning and hail and have the potential to develop into a tornado. Notification for this type of weather event is normally given over the local radio and television stations. The greatest dangers from high winds (e.g., tornado, thunderstorm downburst, etc.) are: roof failure, breaking glass, and flying debris.

Consider moving into a designated tornado safe area during high winds, lightning or hail storms. Indoor pools are safely grounded. Instruction/ activity may continue. Outdoor wading pools must be closed until the storm clears.

Severe Thunderstorm WATCH = conditions are right for a severe thunderstorm

1. Continue with normal activities, but continue to monitor the situation.

Severe Thunderstorm WARNING = severe thunderstorms are occurring

1. Be prepared to move all individuals to a program designated place of shelter.
2. If large hail begins to fall, seek immediate shelter.
3. Remain indoors and away from windows until the severe storm passes.
4. Report any building damage to your immediate supervisor.

Tornado

Tornado WATCH = conditions are right for a tornado:

1. Continue with normal activities, but continue to monitor the situation.
2. If a Tornado Watch is reported, all staff members should review this procedure and take steps to prepare for a Tornado Warning.

Tornado WARNING = radar or weather spotters have identified a tornado:

1. Upon notification of a Tornado Warning, all doors and windows should be closed. Move all people and activities indoors.
2. **SEEK IMMEDIATE SHELTER** in the designated place of shelter listed for your location/site. Individuals with disabilities should follow the same procedures. Assist these individuals, where needed.
 - a. Take your program roster with you and account for all participants once you've reached the designated area.
 - b. Immediately notify the Building Director or Supervisor in charge of any missing participants.
 - c. Seek shelter at the lowest level. If there is no basement, go to an inner hallway, a small inner room, or a closet. Stay away from outside walls, exterior doors, and glass windows or partitions. Do not open windows.
 - d. Instruct all participants to remain in the 'duck and cover' position until the 'all clear' is announced.
 - e. Cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass.
3. After the all clear has sounded, leave badly damaged buildings if it is safe to do so.
4. Do not use elevators as they may not work in damaged buildings (the electrical power may be out or there may be damage to the elevator equipment).

Sources: www.airnow.gov, Milwaukee Recreation Critical Incident Response Manual