Inclement Weather Plans

Sports teams will face different weather issues, depending on the time of year. Coaches will need to be aware of weather forecasts, alerts, and/or warnings during their seasons in order to plan accordingly for their teams. The school does have the state-mandated psychrometer for wet-bulb readings during extreme heat and humidity.

- Lightning Policy
- Heat
- Wet/Cold/Wind
- Concussion Policy

Lightning Policy

Lightning detectors are to be present during outdoor practices and competitions at both the middle school and high school levels. Currently, one is kept in the operations office, and the other is located in the softball dugout (fall) or the high school baseball dugout (spring). Only one detector is sufficient for the entire campus since all activities will stop if lightning is registered at the 8-20 mile level or if any lightning or thunder is seen or heard in the immediate vicinity. The coach or administrator responsible must have all activities stopped immediately and all players and coaches directed to the nearest shelter.

Heat

Knowledge of the prevention of heat illness and safely practicing in hot conditions is paramount in importance by our coaches. All coaches should have a strong understanding of the various warning signs and indicators of heat illness, as well as a working knowledge of its different levels: dehydration, heat cramps, heat exhaustion, heat stroke, and hyponatremia.

MPCS Heat Safety Guidelines
All teams should adhere to the following guidelines when conducting outdoor workouts in the heat in an attempt to ensure player safety. The assistant athletic director, sports medicine trainer on duty, or another designee from the football staff will be responsible for monitoring WBGT (wet bulb global temperature) and notifying all outdoor sports/activities on campus when readings dictate that workouts must stop. Mount Paran Christian School athletics adheres to all GHSA heat policies.

Warning Signs of Heat Illness
Coaches must be aware of early warning signs that a player may be experiencing difficulty. Some symptoms of heat illness may include

- Inability to think clearly, giddiness, undue fatigue, and/or vomiting (may signal a player heating up);
- Goosebumps and chills (may signal a shutdown in skin circulation);
- Hyperventilation and tingly fingers (may prelude a collapse);
- Lack of coordination, staggering, “running like a puppet” (late signs that may be followed by seizure or coma).
- Any player suspected of suffering from heat illness should have unnecessary equipment and clothing removed immediately. These players should be monitored by our ATC, who will determine further treatment.
- Any player fainting, collapsing, losing consciousness, or appearing to be in danger of heat stroke in any way should be submerged in an ice tub, shoulders to hip joints, monitored by our ATC. Emergency services at 911 should be called for transport.

Wet/Cold/Wind

It is important that we place our athletes in positions to be successful without compromising player safety. Poor playing or traveling conditions are always issues to consider. Practices/games should not be played at home or away if the playing surface is in question. Additionally, given that our fields are valuable resources, we must take care of them. Using them in wet or unplayable conditions can cause severe damage and lead to expensive repairs. Decisions to play or not to play will be made by the head coach in conjunction with the athletic office.

Concussion Policy

As new data is constantly being discovered, MPC athletics continually updates our concussion policy to reflect best practices in the industry. Current copies of the policy are available upon request from the ATC.