

VICTOR VALLEY UNION HIGH SCHOOL DISTRICT

ADELANTO HIGH SCHOOL

*SAFETY PLAN
Handbook*



Ebony Purcell
Principal

Rachel storch
Assistant Principal

Dr. Eugene Otuonye
Assistant Principal

Anthony Castillo
Dean of Students

Adelanto Saints

EMERGENCY NUMBERS

Dispatch	(760) 245-4211
Law Enforcement Emergency	911
Fire/Paramedic Emergency	911
Apple Valley Communications	(760) 961-2321 (Alarms/Monitoring) (760) 247-2669 (General information)
Poison Control	(800) 544-4407
American Red Cross	(760) 245-6511
City Hall	(760) 955-5000
District Office	(760) 955-3201
Superintendent	Ext. 10202
Director of Student Services	Ext. 10292
Maintenance and Operations	Ext. 10255
Transportation	955-3450

Public Utilities

Electric	(800) 611-1911
Gas	(800) 427-2200
Water CSA 64	(760) 955-9885
Telephone Repair – Verizon	(760)245-0605

Hospitals

Victor Valley Community Hospital	245-8691
St. Mary's Hospital	242-2311
Desert Valley Hospital	241-8000

Radio Stations

Y102

NTI Calling System

1-877-NTI-ASAP (684-2727)

INTRODUCTION

Today's educational environment increases the burden on school districts and school sites to prepare for emergencies previously thought to be outside the arena of public education.

This document was developed to serve as an emergency procedure guide to provide you with direction in the event of an emergency at school. The concepts and procedures contained in this document are intended to guide our school staff in coping with extraordinary emergency situations including natural disasters, catastrophic accidents and man-made threats to the school site. This guide provides general procedures for responding to emergencies. It is impossible however, to address all conceivable circumstances; hence the guide must be supplemented by the judicious employment of common sense.

SCHOOL EMPLOYEE OBLIGATIONS

All public employees are designated as disaster service workers subject to service as may be assigned to them by their supervisors or by law. (Government Code, Chapter 8, Section 3100). **Should a disaster strike during school hours, no employee will leave their assignment under any circumstance unless officially released by the Superintendent or a designee.**

FIRE DRILL PROCEDURES

State law requires that schools have designated fire drills. In order to comply with regulations, Adelanto High School will plan fire drills periodically during the school year, preferably at the start or end of a period. Each teacher will explain the fire drill instructions to all of their students and will make sure that such instructions are understood by all students in addition to posting the fire drill instructions in the classroom.

The signal for a fire is a loud piercing siren continuing until the all-clear announcement is given to re-enter the buildings. It is up to each teacher to see that all students are out of the room. Students and teachers will remain in their designated stations until the all-clear signal is given. This signal may be an all call or an announcement by the administration.

Designated areas to which classes will be sent are indicated on the fire and earthquake drill maps.

1. **All school personnel and visitors** are required to leave the building regardless of the activities in which they are engaged.
2. Students in PE will report to their instructors.
3. Students should not stop to take personal belongings with them. Pupils may take their personal belongings only if it does not impede the speed and / or safety of the exit from the building.
4. The first pupil to reach the door should open it.
5. The teacher will pick up the roll book and first aid bag and proceed out with the class.
6. Students should start moving in the prearranged plan and proceed to the assigned area.
7. There shall be no talking, running, or pushing allowed during the fire drill.
8. On the way to the assigned areas, students will **not** mix with students from other classes.
9. In no case should any group stop less than twenty-five feet from any building.
10. After reaching the assigned position, the teacher will call roll to be certain every class member is present.
11. The teacher shall remain with the class during the entire fire drill period.
12. Teachers are to escort students to class when they are advised by a security, staff member or Administrator.

EARTHQUAKE PROCEDURE

When the alarm sounds to begin an earthquake drill, all students and staff will kneel and duck under desks and / or tables, covering their head and neck with their hands until the alarm is turned off. The earthquake alarm is a loud intermittent bell, which is different from the fire drill bell (loud and continuous). At the time the simulated earthquake is over, teachers should then follow all fire drill procedures for evacuation.

FIRE AND EARTHQUAKE SEARCH PROTOCOL

- ❖ Upon the sounding of a fire or earthquake alarm, Custodian 1 and Security 3 (Team 2) will respond immediately to building 100 to start the search pattern.
- ❖ Team 6 will proceed to the staging area to assist teachers in student management.
- ❖ Administrator 3 and Office 2 (Team 5) will check their office and “clear” it and then proceed to the staging area.
- ❖ (Team 1) Security 1 and Security 6 will search, staying together at all times, buildings E. As each building is cleared, call all clear (building #) and operations will check off.
- ❖ Upon completing search, Custodian 1 will walk to A and B office and communicate, via 2 way radio, an “all clear” to the administrator and await further instructions.
- ❖ Upon completion, Security 1 will call, via 2 way radio, the “all clear” and then proceed to the student roll call area to assist in student dismissal.
- ❖ (Team 7) Custodian 2 and Security 5 will check, staying together at all times, C and D buildings, as each building is cleared, call all clear (building #) and operations will check off.

During a drill, the PE department will stop all activities and proceed to their assigned evacuation roll call area.

Custodian 1 will remain near office 100 and will turn “off” the fire alarm when instructed. If gas and/or power are to be turned off, Custodian 1 will be in charge of completing these tasks.

CALL SIGNS FOR THE RADIO

We will transmit on AHS RPT . All personnel with radios will bring them with them during emergencies and drills. Administrators may use School Simple for more private conversations.

Adelanto 1	Ebony Purcell
Adelanto 2	Rachel Storch
Adelanto 3	Eugene Otuonye
Adelanto 4	Anthony Castillo

OFFICE 1	Levina Chavez
OFFICE 2	Rebecca Rodriguez
OFFICE 3	Terri Hamilton

Attendance	Christina Watson
Pobation	Eric Biggers
SRO	Officer Molly Leiker

SECURITY	1	Fred Williams
SECURITY	2	Sherman Hall
SECURITY	3	Alan Poohar
SECURITY	4	Jeremy McCaney
SECURITY	5	Detrice Gates
SECURITY	6	Jeffery Jackson
SECURITY	7	Pam Gentile

CUSTODIAN	1	Mike Harmon
CUSTODIAN	2	Dave Garcia
CUSTODIAN	3	Ralph Davy
CUSTODIAN 4		

PE	1	Brandon Mikkelson
PE	2	Steve Allen
PE	3	Jamie Wakefield

FIRE AND EARTHQUAKE SEARCH TEAMS

TEAM 1 Buildings E

Jeremy McCarney
Jeff Jackson

TEAM 2 Buildings A and B.

Fred Williams
Alan Poohar

TEAM 3

Ebony Purcell	Supervise Fields (evacuation area)
Levina Chavez	Supervise Fields (evacuation area)
Christina Watson	Student Counts

TEAM 4

Eugene Otuonye	Field and personnel supervision
Rachel Storch	Clear Offices / Supervise Fields (evacuation area)
Pedro Aguilar	Clear Offices / Supervise Fields (evacuation area)
Amy Stone	Clear Office / Supervise Fields (evacuation area)
Christina Flemmer	Clear Offices / Duties as Assigned
Rebecca Rodriguez	Radio operations and clearance check off

TEAM 5

Anthony Castillo	Office
Terri Hamilton	

Team 6

Detrice Gates	Stage Area
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TEAM 7 Building C and D

Dave Garcia
Cherman Hall

UTILITY SHUT OFF

Mike Harmon
Anthony Castillo
Pam Gentile

NOTIFICATIONS / PUBLIC RELATIONS

Ebony Purcell/ District Office

CRISIS ON CAMPUS

If a crisis situation occurs **on campus, or an unwelcome intruder is identified**, it is to be reported to an administrator or the nearest campus security immediately.

If it is determined that a lock-down is required, the following announcement will be made:

“ATTENTION STAFF AND STUDENTS, WE HAVE A CODE RED LOCK-DOWN.”
REPEATED TWICE

At this time teachers are to secure their classrooms by locking their doors. All students are to get down on the floor away from doors and windows and remain silent. Please note: All classroom doors should be locked every day.

Any student outside of a classroom or office must immediately walk to the nearest occupied classroom or office, stand at the window and identify themselves by knocking on the window. The TEACHER will then open the door and allow that students into that room, being sure the door is again secured and locked. The student's name will be written down by the teacher for identification purposes.

PE department will stop all activities and bring their students immediately into the stadium. PE teachers must ensure that all gates are locked in the stadium.

If a “lock-down” (non bomb threat) takes place during lunch, all staff members who are on their lunch break must proceed to the Quad. All students, under staff supervision, will go to the cafeteria or remain in the cafeteria if that is where they are when the announcement is made. The custodian will be responsible to lock the cafeteria doors. Staff will help to supervise students in the cafeteria.

ALL STAFF MEMBERS ARE TO DISREGARD ALL RELEASE BELLS INCLUDING THE END OF SCHOOL BELL.

Teachers are to release students **ONLY** after the following announcement:

“ATTENTION STAFF AND STUDENTS, THE LOCK-DOWN HAS BEEN LIFTED.”

CRISIS OFF CAMPUS

If a crisis situation occurs **off campus, as notified by authorities**, it is to be reported to an administrator or the nearest campus security immediately.

If it is determined that a lock-down is required, the following announcement will be made:

“ATTENTION STAFF AND STUDENTS, WE HAVE A LOCK-DOWN WITHOUT THREAT TO CAMPUS.” REPEATED TWICE

At this time teachers are to secure their classrooms by locking their doors. All teachers will continue teaching in a normal manner. Please note: All classroom doors should be locked every day.

Any student outside of a classroom or office must immediately walk to the nearest occupied classroom or office, stand at the window and identify themselves by knocking on the window. The TEACHER will then open the door and allow that students into that room, being sure the door is again secured and locked. The student's name will be written down by the teacher for identification purposes.

PE department will stop all activities and bring their students immediately into the gym. PE teachers must ensure that all doors are locked in the GYM.

If a “lock-down” (non bomb threat) takes place during lunch, all staff members who are on their lunch break must proceed to the Quad. All students, under staff supervision, will go to the cafeteria or remain in the cafeteria if that is where they are when the announcement is made. The custodian will be responsible to lock the cafeteria doors. Staff will help to supervise students in the cafeteria.

ALL STAFF MEMBERS ARE TO DISREGARD ALL RELEASE BELLS INCLUDING THE END OF SCHOOL BELL.

Teachers are to release students **ONLY** after the following announcement:

“ATTENTION STAFF AND STUDENTS, THE LOCK-DOWN HAS BEEN LIFTED.”

BOMB THREAT

In the event of a Bomb threat, the following WILL be adhered to. In addition the following announcement will be made:

“ATTENTION STAFF AND STUDENTS, WE HAVE A LOCK-DOWN. ALL SECURITY AND CUSTODIANS WILL REPORT TO THE PRINCIPAL’S OFFICE AT ONCE.”

NOTE: ALL TWO WAY RADIOS MUST BE TURNED OFF IMMEDIATELY AND ARE NOT TO BE USED.

NON-EVACUATION (Covert Search)

Each teacher is responsible for checking their own room. (If a device is suspected, exit according to the fire drill procedure.) The administrator must be notified at once by using a “student runner.”

Search teams will check the school grounds. **Custodian I and Assistant Principal**

- A. Exterior of buildings
- B. Gas mains and electrical mains.

EVACUATION (Overt Search)

- A. During the look-down, search team must first check evacuation routes, then evacuate.
- B. Conduct a thorough search of the entire premises.
- C. The PE department will STOP all activities and bring their students to their assigned evacuation area immediately.
- D. The PE department MUST turn OFF their two way radios.

BOMB SEARCH TEAM

Team 1 – Pam Gentile and Jeff Team 2 –
Mike Harmon and Fred Williams

NOTE: All team members are to remain together at ALL times.

Information Runner:

Anthony Castillo and Amy Stone (Responsible for relaying search information between teams and administrators)

If a fire drill or bomb threat is activated during lunch, ALL staff members on their lunch breaks will report to the Lunch Quad area and help locate all students from the Lunch Quad to the emergency evacuation area. The students will be assembled to their THIRD PERIOD CLASSES at the evacuation area.

SEARCH TEAMS ROLE AND RESPONSIBILITIES

Search teams will be trained thoroughly in search procedures, constantly emphasizing their role as searchers and not a bomb expert. **THEY ARE LOOKING ONLY FOR SUSPICIOUS, CHANGED, OR OUT OF PLACE ITEMS AND / OR SOUNDS WHICH ARE OUT OF THE ORDINARY.**

A great deal of time can be spent to train all employees in efficient, thorough bomb searches. You must also be aware that disgruntled employees have been known to place bombs; and the bomber could also be among the searchers. The use of specifically selected and trained teams greatly increases the efficiency of search operations.

Since the terrorist does not label the device with the word "BOMB," what would you look for? What does a bomb look like? No one knows. It can be packaged in as many different ways as the maker's imagination will allow. Some devices may be the size of a cigarette package and others may be as large as a dump truck.

Since the object of the search can vary in its size and shape, it is a functional rule that the search must be made by persons who are familiar with the area since only they can identify a strange object or sound. However, the use of personnel who occupy the premises to conduct the search may present a problem in view of the hysteria that might result from the threat unless there has been careful planning beforehand. This is why formal inspections are important on a regular basis.

Questions to be answered before ordering a search are whether it will be an overt or covert search; and will it be conducted without evacuation or after evacuation of the area to be searched.

Regardless of the extent of the evacuation, a search is almost always advisable. The possible circumstances of being limited to partial evacuation or to no evacuation often will necessitate a covert search. The conditions that usually enable an overt search to be conducted are those of a total evacuation after a covert search of the evacuation routes.

A covert search is conducted to avoid both panic and the interruption of business operations. It is generally executed by a few supervisory or managerial personnel without arousing suspicions. By having individual employees search their own work areas, an overt search may be completed quickly and with a minimum of lost production time.

Many factors regarding the search should be taken care of during the planning and preparation stages.

Your one phone call to the emergency number 911 will trigger the operational policy that exists with the police, bomb disposal, firefighting, rescue, medical, public utilities and other emergency assistance units.

The operational policy calls for the dispatch operator to obtain as much pertinent information as possible from you, the caller. A police officer will be sent to your location. The person in authority will be asked to meet the officer where he will assist you in your evaluation of the incident. If you decide on an evacuation, the officer will request, via police radio, that the Fire Department respond before the search commences. If and when an explosive device is located, the officer will then request the Bomb Squad to respond. Generally, that first responding officer will request any further emergency response units necessary.

ORDER OF SEARCH

The usual search sequence is to start on the outside of the facility and work toward the inside. Once inside, it is normal to start at the lowest level and work upward.

The “outside-to-inside” technique is the recommended order of search sequence beginning with a thorough search of the outside areas such as ornamental structures, shrubs, window boxes, trash containers, vehicles parked closely around the building and so forth.

The next areas searched are building entrances, lobbies and public areas which include restrooms, stairways and so forth. Due to their accessibility, these areas should be checked very carefully. Special caution must be exercised when checking doors for the presence of booby traps and anti-disturbance switches. Grill covers over heating ducts should be inspected in advance and marked so that the subsequent inspection would reveal any entry or tampering.

Once external and public areas have been cleared, the search then continues on the inside. When possible, searches of utility closets and other areas which contain machinery and equipment should be guided by maintenance personnel familiar with the facility.

Office personnel should search their immediate areas and report the results to the person in charge before leaving.

Prior to a physical room search, a visual search should be made. With the room divided into areas of responsibility, both the visual search and the physical search should progress in stages. For example, each area is to be checked from the floor to the waist, then from the waist to eye level, then from eye level to the ceiling and then above the suspended ceilings. The physical search sequence starts at the sides of the room and progresses toward the center.

In some instances, detonation or ignition of any explosive device might depend on change in environment such as temperature variations, the presence of an electrical current, etc. Therefore, the personnel assigned to the search should be cautioned not to cause, or to

minimize, any change in the environment. Those light switches that are off, leave them off; use a flashlight. Those switches that are on should be left on. Do not change settings on thermostats.

Once in the room, the searcher(s), with eyes shut, should listen quietly to identify and to classify background noises as either usual or unusual. Once having accustomed themselves to normal building sounds, searchers will be more likely to notice out of place noises when searching a room.

Availability of master keys is important because limited access is a common obstacle to speedy search operations. Even when search teams are available to use master keys, they may encounter locked doors or gates they cannot open. The decision should be made ahead of time as to whether searchers will be allowed to use forcible entry in such situations.

The search sequences discussed here generally enable searchers to check first those areas most likely to be used as a target by a bomber. If your facility contains sensitive areas which might be logical bomb targets, the sequence should be modified to allow these places to be checked early in the search.

SUSPICIOUS OBJECT FOUND

If a bomb or suspected bomb is located, **DO NOT TOUCH IT—AND DO NOT ASSUME IT WILL BE THE ONLY ONE TO BE FOUND.** A discovery of this nature does not end the search. More devices may be present. Search efforts must continue until the entire facility has been checked.

It is imperative that personnel involved in the search be instructed that their mission is to only search for and report suspicious objects. They are NOT to move, jar or touch the object or anything attached to it. **THE REMOVAL AND DISARMING OF A BOMB MUST BE LEFT TO THE PROFESSIONAL IN ORDNANCE DISPOSAL.**

The location and description of the object should be reported to the appropriate personnel in the most detailed and accurate manner possible. This information is relayed to the person in authority at the command center who will alert the police and fire departments or call the, id they have not already been called. If representative agencies are not already present, they can be escorted to the scene. The area is to be cleared it people and secures for action by the Bomb Squad.

DO NOT ATTEMPT TO COVER THE OBJECT.

The danger areas should be identified and blocked off with a clear zone of at least 300 feet.

Include also the area above and below the object. Check to see that all doors and windows are open to minimize primary damage from the blast and secondary damage from fragmentation.

EVACUATION

In those facilities without a bomb threat plan, the most common practice is to evacuate the entire building upon first receipt of a bomb threat call. At first glance, this might appear to be the thing to do. After all, there is a possibility that an explosive or incendiary device might be in the building. However, consider the chances of personal injury that could result where a hasty evacuation is attempted and there is panic.

Some authorities feel that hasty evacuations can endanger more lives through panic than an explosive would. There is also the possibility that the bomb will be encountered or detonated along the evacuation route.

In evacuating any building, you are routing personnel through the most public areas of the facility such as corridors, stairwells and so forth.

By evacuating immediately, you might be exposing personnel to a greater danger than if they had remained where they were for at least long enough to determine that the way is clear.

The movement of any large mass of people under emergency conditions is a hazardous undertaking unless absolute control is maintained. The manner in which you declare and execute an evacuation greatly influences its effectiveness. If an evacuation is declared in a calm manner and conducted by personnel who appear to know exactly what they are doing, it will instill the same confidence in the evacuees and the evacuation can be accomplished safely and in a timely manner. However, if the evacuation is declared with fear and conducted hurriedly and haphazardly, the result could very well be injurious to the evacuees.

Once again, it is stressed that evacuating too soon is not always the better way. However, it is equally emphasized that to evacuate is a decision that can only be made by YOU, based on your particular situation.

Having evaluated the credibility of the bomb threat, a decision must be made whether to:

1. Take no action
2. Search without evacuation (Covert search)
3. Initiate a partial evacuation
4. Conduct a complete evacuation and search (Overt Search)

The factors influencing a decision regarding whether or not to evacuate will range from the evaluation of the initial bomb threat (including the caller, placement of the device, type of device, and the time set for detonation) to the physical structure of the premises, the number of people involved, the type of business and the vulnerability of that business.

To avoid any possibility of risk, a general policy to evacuate upon receipt of any bomb threat could be established. However, if the bomb threat is a hoax, such a blanket policy could result in considerable production down-time and would be costly in terms of dollars. This may also be playing right into the hands of the person making the bomb threat. Many threats are simply pranks perpetrated by an employee or students who know this sort of unconditional bomb threat policy will get them some time off at work or school.

Certain factors must be weighed in conjunction with the bomb threat evaluation when deciding whether or not to evacuate. You can consider the possibility of an effective search without total evacuation. You must also consider the liabilities if an explosion occurs and the building was not evacuated. You must consider your proximity and the danger to neighboring buildings and other businesses possibly sharing the same building with you.

Depending on the type, size and construction of your building, and the location, size and nature of the possible bomb, a partial evacuation may be feasible. If your facility is a large one story building with solid masonry walls, it may be sufficient to evacuate only those offices in the immediate vicinity of the purported bomb. Evacuees should be relocated to an unaffected portion of the building where they would be safe from the danger of any flying debris and where they would be nearer reliable exit routes in the event of an explosion. When considering a partial evacuation, remember that it requires a greater degree of planning, training and coordination than a total evacuation.

When an evacuation is ordered, primary and alternate routes should first be searched. If a suspected bomb is located, the route could then be changed ahead of time.

Remember that a bomb threat evacuation is more complicated than a typical fire drill. A bomb threat evacuation requires greater control and supervision. This is especially true if no reason is given to the people for the evacuation. Total control is essential for the safety of everyone.

Prior to leaving the work area, employees should unlock desks, lockers and cabinets and turn off all machinery. The lights should be left on. Evacuees should remove all purses, brief cases, personal packages, lunch boxes and any other personal items which might cause unnecessary wasted searching efforts by others during the building search phase. Materials that might ignite and add to fire or blast damage should be removed if possible. As a precaution in the event of an explosion, windows and doors should be opened to vent and minimize the blast and the fragmentation.

Once the people are clear of the buildings, they can be directed to the holding area out of range of blast propelled debris.

Distribute and post a list with primary evacuation routes and alternate evacuation routes. Primary and alternate evacuation routes are especially important in the event an actual or suspected bomb is located. Evacuation should not be started until all evacuation routes to be used have been searched. Remember that you can never assume that there is only one bomb on the premises.

As stated earlier, it is recommended that if the caller indicated a specific time the detonation was to occur, the search and evacuation should be accomplished by not less than 15 minutes prior to the stated time. If a complete search cannot be made in the time allowed, then do not search, EVACUATE. In this circumstance, the building will be cleared of people 15 minutes prior to the stated time and re-entry by anyone is forbidden for a minimum of 30 minutes after the stated time.

Establish an evacuation signal. If the fire alarm is to be used, remember that doors and window are closed in the event of a fire, while the opposite is advisable when a bomb may be involved. A decision must be made in advance as to what people in the area are to do in case an alarm is sounded. If a voice announcement is used, it should be made calm, confident manner. Drills may be helpful to avoid disorder. If the facility being evacuated is a public school, a code word or phrase indicating a bomb threat may be used among the employees, which would not be understood by the students. This way the students could be evacuated without causing any panic or alarm under the guise of a non alarming situation. Employees will then evacuate the area, making sure the doors and windows are left open. However, a minimum of time should be taken to attend to the doors and window. If it takes too much time, forget them.

Select and train the evacuation team. Training must prepare team members to control and direct evacuees with reassurance and to handle with confidence any procedural changes during an evacuation. Properly trained teams familiar with the evacuation procedures, the possible hazards, and the primary and alternate evacuation routes can help alleviate adverse reactions. Evacuation and search teams should wear some sort of identification indicating their authority. This will avoid unnecessary confusion. It will also instill confidence in the evacuees. It will provide added safety by safely speeding the process.

Establish evacuation "holding areas" where evacuees may wait safely and comfortably until the danger is over. Such locations should be away from potential hazards in the event of an explosion. The location should offer protection in the event of unfavorable weather conditions.

Provide for security requirements during evacuation and search. Re-entry by any unauthorized people should not be permitted during evacuations and search.

Determine procedures for shutting off your utilities and re-activating the services when it is safe. Services such as gas and fuel oil should be cut off in most cases as they could add to the force of an explosion.

Depending on the location, if a device is located, you may be instructed to respond to the "alternate evacuation area." (See Attached map)

Information, communication and cooperation are the elements for a safe and comfortable environment. This information contained in this handbook is for *your* safety as well as the safety of our *students* during an emergency situation.

Please in **ALL** situations remember to **REMAIN CALM** and work together as a **TEAM**

Victor Valley Union High School District Sports Heat Index Protocol

PURPOSE:

The **Victor Valley Union High School District** Sports Heat Index Protocol was established in 2014 by an ad-hoc committee consisting of the following Victor Valley High School District personnel: Safety/Emergency Manager, High School Athletic Directors, and the Director of Youth Services. Input on the protocol was also obtained by the San Bernardino County Department of Public Health and the Sports Clinic of Riverside. The original procedure was adopted from the Kentucky High School Athletic Association and guidelines established by the National Athletics Trainers Association (NATA).

CHAIN OF COMMAND / ACTIVITY ADJUSTMENTS:

This policy relates to all competition and practice activities occurring on Victor Valley Union High School District properties and is recommended for out of district games with consultation with away teams. The decision to cancel, postpone or suspend a **Victor Valley Union High School District** high school athletic activity in the event of heat may be made by the **Victor Valley Union High School District** Safety/Emergency Manager, Director of Youth Services and/or Athletics Director in consultation with the Coaches, school administration and opposing team coaches, AD's, and school administration. The following guidelines will be used in regard to the Heat Index and recommendations for activity restrictions.

INDOOR AND OUTDOOR VENUES:

While this protocol is centered on outdoor sports, indoor sports, particularly in hotter times of the year or in facilities where air conditioning may not be available, should be included in the testing.

HEAT MONITORING PROCEDURE:

This procedure calls for the determination of the Temperature and Relative Humidity at the practice/contest site using a Sling psychrometer/Digital Sling psychrometer, provided by the **Victor Valley Union High School District** Safety/Emergency Management Office. Media related temperature readings (*Weather Channel, local radio, etc.*) or readings not from the activity site are not permitted as they may not yield defensible results when considering the recommended scale. The readings must be made at the site of the activity. The recommendations contained in this package cover both indoor and outdoor activity, as well as contact and non-contact sports.

PROCEDURE FOR TESTING:

Thirty (30) minutes prior to the start of activity, Temperature, and Relative Humidity readings should be taken at the practice/competition site. The information should be recorded on the **Victor Valley Union High School District** Heat Index Form (Attached). The temperature and humidity should be factored into the Heat Index Calculation and Chart and a determination made as to the Heat Index. In utilizing a Digital Sling psychrometer that calculates the Heat Index, that number may be used to apply to the regulation table. If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings are required every thirty (30) minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume.

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

SUMMARY:

These steps should help ensure the health and safety of the participants in **Victor Valley Union High School District** athletics. Adherence to these guidelines represents a conscious effort by the **Victor Valley Union High School District** to emphasize health and safety on a much higher level than any loss of competitive preparation. Any further revisions or enhancements will be distributed.