

*Rite of Passage
Policy and Procedure*

Policy Number:	600.200		
Policy Name:	Flag System Policy		
Creation Date:	09/16/08	Author: KD	
Revision Date:	09/22/10	Revision #: 01	Initials: KM

Policy

Throughout all Rite of Passage locations, weather patterns vary from extreme heat to extreme cold. Students and staff participate in Physical Fitness programs and Fitness Training programs that require physical activity. Staff must closely monitor and supervise activities. Our goal is to ensure the safety of students and staff during physical fitness when extreme hot or cold weather conditions exist.

Procedure

HEAT

1. The flag system for extreme hot weather consists of four flag colors representing temperature zones and activity limits:
 - a. Green Flag: 62-89 degrees heat index reading as determined by the weather channel heat index scale. Full activity with no restrictions. A 10-minute water break is provided to all staff and students every 45 minutes to ensure participants remain hydrated.
 - b. Yellow Flag: 90-94 degrees heat index reading as determined by the weather channel heat index scale. Full activity with no restrictions. A 10-minute water break will be provided to all staff and students every 30 minutes to ensure participants remain hydrated. Staff will visually check each student prior to the beginning of the next activity session for signs of heat related illness.
 - c. Red Flag: 95-99 degrees heat index reading as determined by the weather channel heat index scale. Activities are restricted to light physical participation. For instance, Baseball will conduct pitching, catching, and batting exercises – but will not conduct base running, lap running, practice games, or competition. A shaded 15-minute water break will be provided following each 30 minutes of light activity. Staff will visually check each student prior to the beginning of the next activity session for signs of heat related illness.
 - d. Black Flag: 100+ degrees heat index reading as determined by the weather channel heat index scale. All aerobic activities, such as three mile run, will be altered to allow only 15 minutes of continuous activity followed by a mandatory water break. Coaches supervising sporting practices/activities involving short bursts of anaerobic activity must provide water breaks every 20 minutes.
 - e. During water breaks, water shall be available to students and staff in unlimited quantities.
 - f. The on-site Medical staff and Shift Manager or designee are responsible for ensuring the flag conditions are clearly communicated to all staff prior to any physical activity.

2. Physical Education / Health & Wellness:
 - a. Three-mile runs will be performed during Green, Yellow and Red flag conditions only. When a three-mile run is scheduled during Black Flag conditions, it will be broken into two 15 minute runs at moderate pace. Timed three-mile runs will be suspended.
 - b. All Physical Education / Health & Wellness will be conducted according to this flag policy.

3. There are five medical conditions commonly associated with heat stress:
 - a. Heat cramps: painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Students exhibiting this condition will be immediately sent to the infirmary for hydration and a medical examination. Health professionals are consulted.
 - b. Heat Syncope: weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat, predisposes to heatstroke. Students exhibiting this condition will be immediately sent to the infirmary for hydration and a medical examination. Health professionals will be consulted.
 - c. Heat Exhaustion (water depletion): excessive weight loss reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, headache, and sometimes unconsciousness. Students will be immediately removed from the activity and taken to the nearest shaded and cool area. On-site medical staff will be called to the location to provide immediate emergency medical care. The nearest clinic or hospital will be notified and the student will be transported to the medical facility for observation and treatment.
 - d. Heat Exhaustion (salt depletion): exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts. Students will be immediately removed from the activity and taken to the nearest shaded and cool area. On-site medical staff will be called to the location to provide immediate emergency medical care. The nearest clinic or hospital will be notified and the student will be transported to the medical facility for observation and treatment.
 - e. Heatstroke: an acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and hot, dry skin. Contrary to popular belief, heatstroke victims may sweat profusely. Call 911 and request an ambulance. Place the student in a shaded area and cool the body down with water until professional medical assistance arrives.

4. Preventing Heat Stress and Heat Injuries:
 - a. Each athlete: should have a physical examination and acclimation period of 7-10 days prior to beginning ROP fitness program or sport activities.
 - b. 12/20 Stretch: all athletic participants are required to stretch prior to beginning practice. The 12/20 stretch exercises are located in **600.202 Physical Activities Warm-Up Policy**
 - c. Pre-Hydration: all athletic participants are required to drink 17 ounces of water 60 minutes prior to physical education, practice or competition.
 - d. Event Hydration: during each water break in physical education, practice or competition, participants should consume 10-20 ounces of water.
 - e. Post-exercise Hydration: all participants are required to consume 17 ounces of water immediately following physical education, practice or competition.
 - f. Closely monitor the flag system: ensure all participants are performing activity in conjunction with the specified flags and temperature ranges.
 - g. Check athletes every 30 minutes: through constant visual checks of the participants during breaks, coaching staff can identify signs of heat injury early.
 - h. Schedule rigorous activities for cooler days: coaching staff should evaluate weekly forecasts to determine their daily practice schedules and events. Schedule rigorous activities for Green Flag days and lighter schedules for Yellow and Red Flag days. Have a Black Flag practice schedule prepared that provides indoor chalk talks and video presentations.
 - i. Protection from Ultra Violet rays: is essential in extreme hot weather conditions. Staff will ensure students apply sunscreen 30 minutes prior to practice or competition. The minimum Sun Protection Factor (SPF) is 15.
 - a. Hats: students and staff are required to wear hats during all athletic activities that are conducted in extreme hot weather.

COLD

1. The flag system for extreme cold weather consists of four flag colors representing temperature zones and activity limits:
 - a. Green Flag: 25-62 degrees dry bulb thermometer reading. Full activity with no restrictions. A 10-minute water break will be provided to all staff and students every 45 minutes to ensure participants remain hydrated. A 10-minute sheltered water break will be provided every 90 minutes to ensure participants remain hydrated and have the opportunity for warmth.
 - b. Yellow Flag: 15-24 degrees dry bulb thermometer reading. Full activity with no restrictions. A 10-minute water break will be provided to all staff and students every 30 minutes to ensure participants remain hydrated. A 10-minute sheltered water break will be provided every 60 minutes to ensure participants remain hydrated and have the opportunity for warmth. Staff will visually check each student before the beginning of the next activity session for signs of cold related illness.
 - c. Red Flag: 5-14 degrees dry bulb thermometer reading. Activities shall be restricted to light physical participation. A sheltered 15-minute water break will be provided following each 30 minutes of light activity. Staff will visually check each student before the beginning of the next activity session for signs of cold related illness.
 - d. Black Flag: 4 degrees or colder dry bulb thermometer reading. All outdoor activity is suspended. Coaching staff will conduct practice inside of the gymnasium or conduct chalk talks/video presentations in rooms that have heating. Students will be provided water breaks every 30 minutes. Outdoors movement to and from buildings must be limited to required elements, such as: the Dining Hall, bathrooms, and school.
 - e. During water breaks, water shall be available to students and staff in unlimited quantities.
 - f. The on-site medical staff and Shift Manager or designee are responsible for ensuring the flag conditions are clearly communicated to all staff prior to any physical activity.

2. Wind chill: wind decreases temperature in extreme cold weather conditions. When determining the current temperature you must factor in the wind speed for the correct reading. Use the chart below to assist:

WIND SPEED IN MILES PER HOUR

AIR TEMP (F)	0	5	10	15	20	25	30	35	40
35	35	32	22	16	12	8	6		
30	30	27	16	9					
25	25	22	10						
20	20	16							
15	15	11							
10	10	6							
5	5								
0									
-5									
-10									
-15									
-20									
-25									

3. There are four medical conditions commonly associated with cold stress:
 - a. Shivering: this is usually the first sign of dangerous cold exposure, as the body is trying to generate its own heat through uncontrolled muscle contraction. This is the first warning to seek shelter.
 - b. Frostbite: describes the freezing of superficial tissues of the face, ears, fingers, or toes. Symptoms include: pain in the area affected area, burning sensation, numbness, tingling, skin turns hard and white, skin starts to peel or blister, skin starts to itch, or skin gets firm, shiny, and grayish-yellow. Immediately notify the EMT and get the student to a warm, dry place and remove constrictive clothing. Raise affected areas and apply warm, moist compresses to the areas. Do not rub frostbitten areas or apply direct heat. The nearest clinic or hospital will be notified and the student will be transported to the medical facility for observation and treatment.
 - i. First degree: ice crystals form on the skin
 - ii. Second degree: the skin begins to feel warm, even though it has not been defrosted
 - iii. Third degree: the skin turns red, pale, or white
 - iv. Fourth degree: pain lasts for more than a few hours and there may be dark blue or black areas under the skin.
 - c. Excessive shivering: symptoms include fingers and lips begin turning blue, slurred speech, poor coordination, and impaired thinking. This is the first warning of Hypothermia and must be treated immediately. Call the EMT and transport the student to a warm, dry place. Remove all wet clothing and replace them with dry clothing. Provide warm liquids in small quantities. The nearest clinic or hospital will be notified and the student will be transported to the medical facility for observation and treatment.
 - d. Hypothermia: the lowering of the body core temperature to 96 degrees or less. Symptoms include: shivering that becomes intense or violent, cold sensations, goose bumps, confusion, numbness, lack of coordination, sluggishness, difficulty speaking, muscle stiffness, difficulty with vision, and unconsciousness. Call the EMT and transport the student to a warm, dry place. Remove all wet clothing and cover the person with extra dry clothing, warm blankets, or your own body heat. Do not rub the person's body or apply direct heat. Call 911 and have the person sent to the nearest medical facility by ambulance/care flight for observation and treatment.
4. Preventing Cold Stress and Cold Injuries:
 - a. Each athlete: should have a physical examination and acclimation period of 7-10 days prior to beginning the ROP conditioning program or sport activities.
 - b. 9/10 Stretch: all athletic participants are required to stretch prior to beginning practice. The 9/10 stretch exercises are located in **600.202 Physical Activities Warm-Up Policy**.
 - c. Pre-Hydration: all athletic participants are required to drink 17 ounces of water 60 minutes prior to physical education, practice or competition.
 - d. Event Hydration: during each water break in physical education, practice or competition, participants should consume 10-20 ounces of water.
 - e. Post-exercise Hydration: all participants are required to consume 17 ounces of water immediately following physical education, practice or competition.
 - f. Closely monitor the flag system: ensure all participants are performing activity in conjunction with the specified flags and temperature ranges.
 - g. Check athletes every 30 minutes: through constant visual checks of the participants during breaks, coaching staff can identify signs of cold injury early.
 - h. Layer clothing: several thin layers are warmer than one heavy layer. Layers are also easier to remove and add when regulating the body's temperature. The layers are:
 - i. First layer: socks and underwear
 - ii. Second layer: t-shirt and athletic shorts
 - iii. Third layer: sweat shirt and sweat pants
 - iv. Fourth layer: jacket, glove liners, hat

- v. Note: students participating in skiing or other outdoors activities where a student will be exposed for long periods of time must have the appropriate outer clothing apparel, such as: ski pants, gortex, boots, and required specialty equipment. These additions will keep the students warm and dry and will essentially make a fifth clothing layer.
- i. Remove clothing indoors: when inside of heated buildings remove the outer layers of your clothing and give your body the opportunity to acclimate. Failure to remove outer layers in a heated space will increase the likelihood of a cold weather injury and may also induce colds and flu symptoms.
- j. Protection from Ultra Violet rays: is essential in extreme cold weather conditions when the sun is up, especially in the snow, due to the sun reflecting off of the snow. Staff will ensure students apply sunscreen 30 minutes prior to practice or competition. The minimum Sun Protection Factor (SPF) is 15.
- k. Hats: students and staff are required to wear hats during all athletic activities that are conducted in extreme cold weather.

References:

National Weather Service; The Heat Index.
 Oasis Sports Medical Group, Inc.; Injury Prevention.
 MIAA; Heat Stress and Athletic Participation.
 OHSAA; Heat Stress and Athletic Participation.
 Zunis Organization; How hot is hot? How safe is safe?
 The Physician and Sports Medicine; Keeping Sports Participants Safe in Hot Weather.
 Severe Weather Emergency Plan for Kentucky Schools.
 FEMA; Extreme Heat.
 National Weather Service; Extreme Heat.
 CDC Publication #099-6044.
 California Interscholastic Federation; Heat Stress and Athletic Participation .National Weather Service; Frostbite.
 Montana Olympics Education; Exercise in the cold.
 Body Trends; Exercising in Cold Weather.
 The MacScouter; Winter Camping and Hypothermia.
 Sports Medicine; Cold Weather Exercise Safety.
 CSX Transportation; Cold Weather Safety Tips.

*Rite of Passage
Policy and Procedure*

Addendum Number:	600.201		
Addendum Name:	Stamina Course		
Creation Date: 5/23/08	Author: SB		
Revision Date: 09/22/10	Revision #: 01	Initials: MD/KM	

Policy:

The Stamina Course is part of the Rite of Passage physical fitness policy that provides at least one hour per day of large muscle exercise to enhance fitness and promote a healthy lifestyle. Each student's participation is structured with consideration to his/her individual abilities and limitations.

Procedure

1. Requirements:

- a. Stamina Course is done as a rotating Health and Wellness element.
- b. All students participate unless on a medical profile.
- c. Students are encouraged to participate to the best of their ability.
- d. Staff participates to the best of their ability. Staff who cannot participate will positively motivate students during the exercise.

2. Set-Up:

- a. The distance of the course should be as close to three miles as possible.
- b. Stations are marked with a post showing the designated exercise.
- c. Water is available to students and staff throughout the course.

3. Execution:

- a. Station one starts the course with jumping jacks (the following stations go in order of the normal 18/20 excluding arm rotations), as appropriate.
- b. After the completion of the exercise, students run to the next station 2 x 2 in two lines.
- c. While running from station to station the line students are encouraged to sing cadence as they run.
- d. Everyone in the group must stay together.
- e. Once the students reach the next station the student leader or staff will start the next exercise.
- f. The Stamina Course ends with the completion of the last station.
- g. The course should take no more than one hour to complete.

*Rite of Passage
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Policy Number:	600.202		
Policy Name:	Physical Activity Warm Up Policy		
Creation Date:	9/16/08	Author: KM	
Revision Date:	09/21/10	Revision #: 01	Initials: KM

Policy:

ROP's warm-up policy is designed as a reference for a stretch routine and is aimed at preparing the student's body for physical activity. This leads to improved performance and reduces the frequency and severity of injuries. As with all ROP fitness programs, individual student abilities and limitations are always taken into consideration.

Procedure:

1. The stretch routine should be used for the entire body, but with particular attention to the muscle groups that are involved in the activity being completed.
2. Each stretch should be held for 30 seconds.
3. DO NOT BOUNCE DURING THE STRETCHES.
4. Relax into the stretch until you feel the muscle tension and hold at that point.
5. Never stretch beyond the point of mild discomfort.
6. Breathing should be slow and easy. (DO NOT HOLD YOUR BREATH).
7. Regular stretching makes flexibility easier to maintain.

Examples of Stretching can include:



Stretching Exercises Hamstring stretch

Sit with your leg straight and your other leg bent. With your back straight and your head up, slowly lean forward at your waist. You should feel the stretch along the underside of your thigh. Hold the stretch for 30 seconds. Repeat the stretch as time allows. This stretching exercise may be helpful for patellofemoral syndrome, patellar tendonitis and hamstring strain.



Iliotibial band stretch

Sit with your leg bent and crossed over your straightened opposite leg. Twist at your waist away from your injured leg, and slowly pull your injured leg across your chest. You should feel the stretch along the side of your hip. Hold the stretch for 30 seconds. Repeat the stretch as time allows. This stretching exercise may be helpful for iliotibial band syndrome and adductor strain.

Groin stretch

Sit with your feet together, your back straight, your head up, and your elbows on the inside of your knees. Then slowly push down on the inside of your knees with your elbows. You should feel the stretch along the inside of your thighs. Hold the stretch for 30 seconds. Repeat the stretch as time allows. This stretching exercise may be helpful for adductor strain.



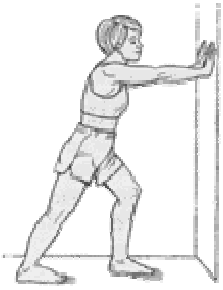
Quadriceps stretch

Stand straight with your leg bent. Grasp the foot of your back leg with your hand and slowly pull your heel to your buttocks. You should feel the stretch in the front of your thigh. Hold the stretch for 30 seconds. Repeat the stretch as time allows. This stretching exercise may be helpful for patellofemoral syndrome, iliotibial band syndrome and patellar tendonitis.



Calf stretch

Stand with your hands against a wall and your leg behind your other leg. With your back leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg. You should feel the stretch in the middle of your calf. Hold the stretch for 30 seconds. Repeat the stretch as time allows. This stretching exercise may be helpful for Achilles tendonitis, plantar fasciitis and calcaneal apophysitis.



*Rite of Passage
Policy and Procedure*

Policy Number:	600.203		
Policy Name:	Health & Wellness Policy		
Creation Date:	08/04/11	Author:	SC/JC
Revision Date:	Revision #:	Initials:	

Policy:

Rite of Passage is dedicated to educating youth in their care of the importance of wellness both physically and mentally. Education is provided in physical fitness by qualified instructors. Education in proper nutrition is provided by qualified teachers or staff during the course of the school day.

Procedure:

Staff will utilize the Physical Fitness Policies (**See Health & Wellness Policies 600.200-600.202**) established by Rite of Passage as guidance in providing physical activities which promote health and wellness in their students.

Students will receive as part of their standard curricula instruction in Health & Hygiene during the course of their school and/or vocational training day.