D. 87.6-89.9 degrees F (RED ZONE)

i.

1. **no new contests can be started if the temperature is in this range.**
2.
3.
4.
5.
6.

DI.

1.
2.
3.

DII.

E. ≥90 degrees F (BLACK ZONE)

NOTE:

Treatment of Exertional Heat Stroke and Cold—Water Immersion

Avoid:

Resuming Activity:

TORNADO ACTION PLAN

Lightning

If the Thor Guard or lightning detection system goes into Red Alert a warning will sound. The athletic fields and spectators are to be cleared immediately. All athletes and spectators will be directed to take shelter indoors immediately. It the Thor Guard in in Yellow, warning mode, an alarm will not sound but coaches and administrators should consult the Weather Sentry weather application to monitor potential severe weather conditions.

When thunder is heard, or a cloud–to-ground lightning bolt is seen, the thunderstorm is close enough to

Is lightning always produced by a thunderstorm?

What causes thunder?