

PE & HEALTH UPDATE

Seasonal Health and Physical Education Update for the EGCS D | Volume 5, Issue 1

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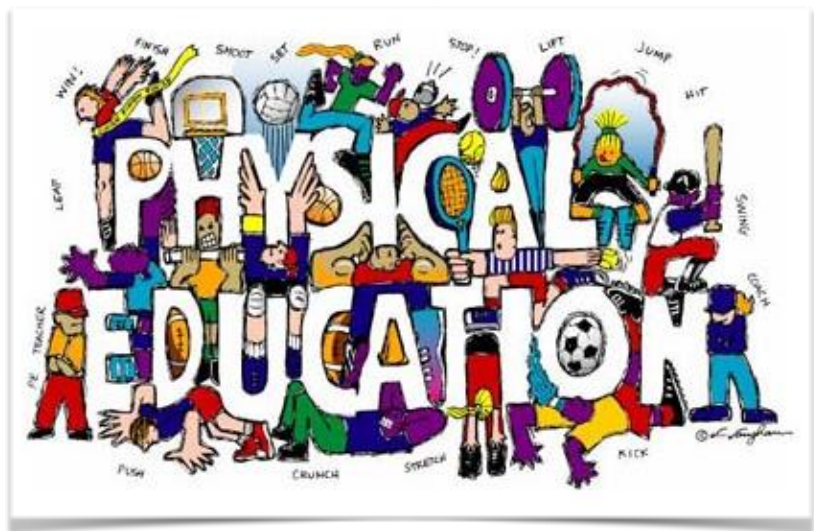
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Welcome Back!

Welcome back for another year! We would like to welcome Tyler Rose to the PE & Health team! We will be sending out a quarterly newsletter highlighting our programs and to keep everyone up to date on district events. If you have any information or pictures that you would like to add please feel free to email Mike Leonard or Chris Hosley at leonardmi@egcsd.org & hosleych@egcsd.org.



Upcoming Events

10/11: GM Apple Race

10/12: Red Mill Great Apple Race

10/17: Genet Fall Fun Run

10/18: Bell Top Pumpkin Race

10/20: Dennis Barrett Memorial
Scholarship Run @CHS

*(please email the editor with any
upcoming PE & Health dates)



Sixth Annual Faculty Volleyball Battle

The sixth annual faculty volleyball battle will be held in either late October or early November. Once we solidify a date we will notify you ASAP. Please get the word out to your building staff and start assembling your championship team!



Editor: hosleych@egcsd.org

Heat Index Procedures

Please utilize the attached handout from the NYSPHSAA regarding the heat index procedures during PE classes and athletic practices.

6th Annual Dennis Barrett Memorial Run

The 2018 Dennis Barrett Memorial Run will be held on Saturday October 20, 2018. It is a 2.7 mile race put on by the Education Foundation. Race registration and check-in is at 8AM, at 9:15AM is the race for grades K-12. For registration information and flyers please visit the Columbia High School Athletic webpage.

17th Annual Teal Ribbon Run

The 17th Annual Teal Ribbon Run was held on Sunday, September 9, 2018 at the Washington Park Lake House. The race kicked off at 9AM and provided funding to Ovarian Cancer support, research and education. Team Columbia Athletics/Betty Signorelli had over 550 participants and raised over \$10,000. Mike Leonard also chipped in \$1 for every student athlete that beat him in the race totaling \$550.

2018 Winter and Spring Sports Start Dates

WINTER

High School Sports 11/5

Modified Sports 11/12

Wrestling Certification 11/17

SPRING

High School Sports 3/4

Freshman & Modified Sports 3/11

2018 CHS Homecoming Football Game

The CHS Homecoming Football Game will be held on September 28th at 7 pm against Averill Park.

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EGCSD PE & HEALTH DEPT. 2



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the accuweather.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010