



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
COMMANDANT OF MIDSHIPMEN
ANNAPOLIS MARYLAND 21402-1300

COMDTMIDNINST 5090.1D
BMO
JUL 03 2017

COMMANDANT OF MIDSHIPMEN INSTRUCTION 5090.1D

From: Commandant of Midshipmen, U.S. Naval Academy

Subj: MONITORING ENVIRONMENTAL CONDITIONS TO PREVENT INJURY OF
MIDSHIPMEN AND STUDENTS ATTENDING SUMMER CAMPS

Ref: (a) BUMEDINST 6220.12B
(b) Inter-Association Task Force on Exertion Heat Illness Consensus Statement

Encl: (1) Heat Injury Prevention
(2) Destructive Weather
(3) Main Office Flag Condition Notifications
(4) Example Adverse Weather Quick Reference Card

1. Purpose. To promulgate policy to unit commanders and camp coordinators regarding personnel protection measures during high-heat index and thunderstorm conditions.

2. Cancellation. COMDTMIDNINST 5090.1C.

3. Scope and Applicability. All personnel assigned to the U.S. Naval Academy (USNA) shall familiarize themselves with the subject regulations and policies listed in references (a) and (b).

4. Background

a. Preventing heat injury requires consistent and reliable monitoring of ambient conditions. The Wet Bulb Globe Temperature (WBGT) is a single number derived from three distinct measurements: wet bulb temperature, dry bulb temperature, and the globe temperature. These three measurements reflect all four variables of ambient heat stress: temperature, humidity, radiant heat, and air circulation. Training activities will be conducted as the WBGT allows per enclosure (1).

b. Lightning can be a significant threat to life. Due to the unpredictability of weather, lightning can and does strike without warning. Weather conditions will be monitored as required and training activities will be conducted as the conditions in enclosure (2) permit.

5. Wet Bulb Globe Temperature

a. To ensure consistent and reliable outdoor heat stress monitoring, the Naval Health Clinic Annapolis (NHCA) located at Naval Support Activity Annapolis, monitors WBGT Index readings for the Naval Academy Complex throughout the heat stress season.

b. WBGT readings will be taken at NHCA seven days a week from 0800 till 1800 hours. Existing flag conditions at 1800 hours daily will stay in effect till sundown.

(1) Heat stress measurements will start when the ambient temperature reaches 80 degrees for three consecutive days or when the forecasted temperatures are in excess of 80 degrees for the week. NHCA will be responsible for determining the start date for daily readings. Daily heat stress measurements will start on or about 15 May. Readings will run through 15 September annually. If the ambient temperatures are forecasted to exceed 80 degrees after September 15, heat stress measurements will continue until forecasted temperatures are less than 80 degrees for the week.

(2) Heat stress readings are done electronically in front of the NHCA. The meter is set up at least six feet away from any permanent structure and in full sunlight to prevent erroneous readings. At the end of the day, the meter will be brought into the building to prevent damage from rain.

(3) Readings will be recorded in Medical's daily log. The three readings: dry bulb, wet bulb, and globe temperature will be entered along with the WBGT (outdoors) reading. The person taking the readings will initial alongside the entries.

(4) Readings will be taken every 60 minutes until RED flag is reached. At RED flag conditions, readings will be taken every 30 minutes until BLACK flag is reached. At BLACK flag, readings will again be taken every 60 minutes until the temperature drops to RED flag.

(5) Current flag conditions will be displayed on the NHCA public website as well as flagpoles located in three various locations throughout the Academy: in front of NHCA, the Tecumseh Court starboard yardarm, and at the NSA Recreation Center. The consolidation of information between the WBGT and the NHCA website will be maintained by the NHCA staff. Heat stress information will be updated as needed according to the WBGT readings at the prescribed intervals. It will be the responsibility of the personnel conducting training aboard the Naval Academy to check the NHCA website or flagpoles before conducting any physical activity to ensure maximum safety of all personnel aboard the Naval Academy. NHCA Heat Stress website is located at <http://www.med.navy.mil/sites/annapolis/Pages/HeatStress.aspx>.

c. Enclosure (1) details training restrictions based on ambient conditions. With each training condition, certain activity and/or clothing restrictions apply. Each training program/activity will develop protective measures taken for each condition based on their unique mission requirements. All personnel will be thoroughly familiar with these conditions and required actions. While personnel who have been at the Naval Academy for a year or more may be acclimated to the changing seasons, others may have difficulty in performing routine tasks in the heat of the summer. Since it takes up to 21 days for people to become acclimated to the local climate, protective measures must be implemented to ensure personnel safety during the summer season.

d. Per reference (a), heat injuries, including but not limited to Heat Exhaustion and Heat Stroke, are required to be reported by Brigade Medical as an Occupational/Environmental condition injury using the *Report of Heat/Cold Injury for Navy/Marine Corps Ashore NEHC-*

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TM92-6 format. All completed copies of this form must be routed to the Environmental Health Officer in the Preventive Medicine Department and to the Sports Medicine Physician for analysis and follow-up, as required. The WBGT and dry bulb temperatures will be documented by the Preventive Medicine Department.

e. Reference (b) lists recommendations for heat stress flag conditions for students who are attending training camps or seminars at the Naval Academy during the summer months. These conditions are more stringent than those listed for midshipmen and active duty military personnel. Program coordinators will be responsible for enforcing this for those students. They can utilize the NHCA public website to obtain the current temperature and use the chart below and apply the corresponding applicable flag condition:

<u>WBGT TEMPERATURE</u>	<u>FLAG COLOR</u>	<u>LEVEL OF RISK</u>
80-84.9 degrees	Green	Low
85-87.9 degrees	Yellow	Moderate
88-89.9 degrees	Red	High
Greater than 90 degrees	Black	Extreme or hazardous

6. Lightning Conditions

a. The Officer of the Watch (OOW) is responsible for monitoring the weather around the Naval Academy complex. Timely local weather data can be found at:
<http://www.srh.noaa.gov/data/forecasts/MDZ014.php?warnzone=mdz014&warncounty=mdc003>

b. Bancroft Hall Main Office will periodically monitor expected weather conditions and take appropriate actions per the Thunderstorm Condition Matrix found in enclosure (2).

7. Notifications and Communications

a. NHCA will post flags on the main flag pole in front of the health clinic and notify the following offices when flag conditions change:

(1) Bancroft Hall Main Office - 410-293-5001/02.

(2) Bancroft Hall OOW – 410-293-2701.

(3) Chief of the Guard - 410-293-3737.

(4) Dispatch - 410-293-5760.

(a) *Upon receipt of every heat stress condition call*, Main Office will make the following notifications:

1. Make 1MC announcements in accordance with enclosure (3).

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2. Post the appropriate heat stress flag on Tecumseh Court starboard yardarm.
3. Contact NAAA Athletic Camps (if in session) via PE Duty Officer: 410-320-9271.
4. Contact the 4/C Regimental Duty Officer (Plebe Summer).
5. Contact Naval Academy Summer Programs Duty Officer.
6. Contact Naval Academy Summer Seminar Duty Officer.

(b) Adverse weather IMC announcements and notifications will be made in the same manner.

b. Each subsequent organization is responsible for notifying and tracking their respective activities. All activity leaders will contact their respective Duty Officer at the start and completion of each event to receive the most recent flag condition. If a flag condition worsens, then the respective Duty Officers are responsible for notifying the appropriate activity coordinators.

c. Training evolutions that take place at the Naval Station (Endurance Course, Tarzan Assault Course, Obstacle Course, and Weapons Firing Range) must stay in contact with their duty offices (OOW during the academic year/RDO during Plebe Summer) to ensure immediate notification of changing conditions while in the field. Portable radios can be checked out of the Brigade Operations Office in order to satisfy this requirement. Unit supervisors will be held responsible for conditions of the radios. Personal cell phones are an appropriate substitute method of communications.

d. The PE Department and NAAA will ensure camp coaches and personnel are educated and informed of flag conditions that may affect their schedules and events.

e. All activities are responsible to coordinate any medical support which may be required to support their training activities.

f. All USNA midshipmen, faculty, and staff are reminded to carefully consider taking part in physical activity while under severe heat or thunderstorm conditions. Training restrictions and safety/health concerns should be identified and addressed by appropriate authority.

g. All unit commanders and supervisors will carry the Adverse Weather Quick Reference Card, enclosure (4), during the heat stress season.

7. Records Management. Records created as a result of this instruction, regardless of media or format, must be managed per Secretary of the Navy Manual 5210.1 of January 2012.

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8. Review and Effective Date. The Professional Development Division will review this instruction annually on the anniversary of the effective date to ensure applicability, currency, and consistency with Federal, DoD, SECNAV, and Navy policy and statutory authority using OPNAV 5215/40 Review of Instruction. This instruction will automatically expire five years after the effective date unless reissued or otherwise canceled prior to the five-year anniversary date, or an extension has been granted.



T. J. GRADY
By direction

Distribution:
All Non-Mids (Electronically)

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HEAT INJURY PREVENTION

1. Heat injuries are largely preventable through awareness and simple measures. The following measures will be used to minimize the risk of heat related injuries during training.

a. Watch stander diligence in monitoring ambient conditions is crucial. Preventive Medicine and Main Office will closely monitor actual and expected heat stress conditions and will follow up with effective and timely notifications and warnings to subordinate stations.

b. When the WBGT is greater than 85 degrees (Green Flag Condition), the following training restrictions will be set in place:

Evolution	Flag Condition		
	Black	Red	Yellow
WBGTI	≥90 deg	88-89.9 deg	85-87.9 deg
Water Consumption (per hour)	1-1.5qts	1 qt	1qt
Uniform Modifications (1)	YES	NO	NO
Outdoor Class	NO	YES	YES
Pistol/Rifle	YES	YES	YES
Boating/Sailing /Water Sports	YES	YES	YES
Drill/TAC/SCC	NO	YES (>TD21)	YES
MPT/DPT	NO	NO	YES (>TD21)
PRT/IST/PEP	NO	NO	YES (>TD21)
Damage Control Training	YES (except firefighting)		YES (>TD21)
O-Course/E-Course	NO	NO	YES (>TD21)
Outdoor Sports/Intramurals (2)	NO	NO	YES
Indoor Sports/Intramurals (2)	YES	YES	YES

Notes:

- Modified uniforms consist solely of Whiteworks Echo with blue rim T-shirt, carrying the blouse; no other uniforms will be modified. Uniforms will not be modified for watches, outdoor formations, or Chapel services.
- Sports/Intramural cancellation is at the discretion of the head coach/Head of Intramural Sports.
- Faculty and Staff will use their judgment to further restrict activities based on circumstances or localized conditions.

c. Other measures as directed by cognizant authority.

2. Emergency Response

a. In the event of a heat related casualty, contact emergency personnel at extension 3-3333 or 911. These numbers are for police, ambulance, and fire rescue.

b. After the situation has been stabilized, contact the pertinent chain of command to include the Officer of the Watch at 410-293-2701/2.

c. All heat-related incidents must be properly documented. Brigade Medical Unit will forward a report of all heat related injuries to the USNA Safety Office and Preventive Medicine.

Enclosure (1)

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DESTRUCTIVE WEATHER

Thunderstorms and other hazardous weather, including expected high winds, shall be handled by setting the appropriate Thunderstorm Condition. Timely weather information can be obtained from: <http://www.srh.noaa.gov/data/forecasts/MDZ014.php?warnzone=mdz014&warncounty=mdc003>. The following actions apply to the Main Office watch team and will be carried out at the direction of the OOW/MOOW.

1. Thunderstorm Condition III (TC-III).
 - a. Set when destructive weather is within 30 mile radius.
 - b. Training will continue as the effects of wind/rain are minimized.
 - c. Monitor weather website every 10 minutes.
2. Thunderstorm Condition II (TC-II).
 - a. Set when destructive weather is within 15 mile radius.
 - b. Alternate training plans will be developed.
 - c. Closest shelter must be identified.
 - d. Precautions taken to ensure preparedness in case thunderstorm condition is upgraded including watchstander briefs.
 - e. Training will continue as common sense and sound judgment prevails.
 - f. Continuous monitoring of weather website.
3. Thunderstorm Condition I (TC-I).
 - a. Set when lightning is observed within five miles.
 - b. All outdoor activity suspended until conditions improve.
 - c. Training evolutions and/or personnel will move to the nearest available indoor facilities.
 - d. Movements between buildings are authorized at the discretion of the OOW/Event Coordinator. Weapons/swords/guidons will not be carried.
 - e. Avoid moving across large open areas or standing water.
 - f. Avoid tall individual structures such as lone trees and light poles.
 - g. Other steps at the discretion of the OOW based on expected conditions.

THUNDERSTORM CONDITION MATRIX

Thunderstorm Condition	Definition	Action Required
None	Thunderstorm activity >30 miles	Monitor website every 3 hours (every 6 hours if >150 miles)
TC-III	Thunderstorm activity <30 miles	Monitor website every 10 min Review required actions w/ watchteam
TC-II	Thunderstorm activity <15 miles	Warning notifications/alt training plans Continuously monitor website
TC-I	Thunderstorm activity <5 miles	Immediately halt outdoor training Seek shelter

4. Bancroft Hall Main Office will make appropriate notifications for expected weather.

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MAIN OFFICE FLAG CONDITION NOTIFICATIONS

1. All personnel standing watch in Bancroft Hall Main Office are required to know the current flag condition at all times. At a minimum, the flag conditions will be verified via the NHCA website at the top of every hour, sunrise to sunset.

a. During Flag Condition Green, Main Office watchstanders will verify flag condition via the NHCA website every 60 minutes.

b. Naval Health Clinic Annapolis will report all initial changes of Flag Condition Green to Flag Condition Yellow to Main Office. During Flag Condition Yellow, Main Office watchstanders will verify flag conditions every 60 minutes via the NHCA website.

c. Naval Health Clinic Annapolis will report all initial changes of Flag Condition Yellow to Flag Condition Red to Main Office. During Flag Condition Red, Main Office watchstanders will verify flag conditions every 30 minutes via the NHCA website.

d. Naval Health Clinic Annapolis will report all initial changes of Flag Condition Red to Flag Condition Black to Main Office. During Flag Condition Black, Main Office watchstanders will verify flag conditions every 60 minutes via the NHCA website.

2. As Midshipmen become acclimated to the climate, there are specific restrictions that apply prior to Training Day 21 (TD 21); these restrictions are outlined in enclosure (1). Prior to and including TD 21, the following actions will be in effect.

a. Flag Condition Green. During Flag Condition Green, no periodic notifications are necessary. Should the flag condition change to green, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Green, no training modifications required. I say again..."

(2) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

b. Flag Condition Yellow. During Flag Condition Yellow, no periodic notifications are necessary. Should the flag condition change to yellow, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Yellow, the following training restrictions are in effect: MPT, DPT, PEP, PRT, IST, O-Course/E-Course, Outdoor Intramurals, Damage Control Training. I say again..."

(2) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

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c. Flag Condition Red. When the flag condition changes to red, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Red, the following training restrictions are in effect: Drill, SCC, MPT, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals. I say again..."

(2) MOOW/MCMO: Ensure that the red condition flag is flying on the T-Court yardarm and on the mast of the USS MAINE near Triton Light.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(4) Every hour: Midshipmen on Main Office Watch make a 1MC announcement: "Bancroft Hall, attention to announcements. Maintain Flag Condition Red, the following training restrictions are in effect: MPT, DPT, PEP, PRT, O-Course/E-Course, Outdoor Intramurals. I say again..."

d. Flag Condition Black. When the flag condition changes to black, the following actions are required:

(1) Midshipmen on Main Office Watch: Make 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Black, the following training restrictions are in effect: Drill, SCC, MPT, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

(2) MOOW/MCMO: Ensure that the black condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(4) Every half-hour: Midshipmen on Main Office Watch make a 1MC announcement: "Bancroft Hall, attention to announcements. Maintain Flag Condition Black, the following training restrictions are in effect: Drill, SCC, MPT, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

3. After TD 21, the following actions will be in effect.

a. Flag Condition Green. During Flag Condition Green, no periodic notifications are necessary. Should the flag condition change to green, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Green, no training modifications required. I say again..."

(2) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

b. Flag Condition Yellow. During Flag Condition Yellow, no periodic notifications are necessary. Should the flag condition change to yellow, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Yellow, no training modifications required. I say again..."

(2) MOOW/MCMO: Ensure that no heat condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

c. Flag Condition Red. When the flag condition changes to red, the following actions are required:

(1) Midshipmen on Main Office Watch: Make a 1MC announcement: "Bancroft Hall, attention to announcements. Set Flag Condition Red, the following training restrictions are in effect: MPT, DPT, PEP, PRT, O-Course/E-Course, Outdoor Intramurals. I say again..."

(2) MOOW/MCMO: Ensure that the red condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(4) Every hour: Midshipmen on Main Office Watch make a 1MC announcement: "Bancroft Hall, attention to announcements. Maintain Flag Condition Red, the following training restrictions are in effect: MPT, DPT, PEP, PRT, O-Course/E-Course, Outdoor Intramurals. I say again..."

d. Flag Condition Black. When the flag condition changes to black, the following actions are required:

(1) Midshipmen on Main Office Watch: Make 1MC announcement; "Bancroft Hall, attention to announcements. Set Flag Condition Black, the following training restrictions are in effect: Drill, SCC, MPT, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

(2) MOOW/MCMO: Ensure that the black condition flag is flying on the T-Court yardarm.

(3) MOOW/MCMO: Call the Plebe Summer RDO to advise them of the change.

(4) Every half-hour: Midshipmen on Main Office Watch make a 1MC announcement: "Bancroft Hall, attention to announcements. Maintain Flag Condition Black, the following training restrictions are in effect: Drill, SCC, MPT, DPT, PEP, PRT, O-Course/E-Course, Tarzan Assault Course, Outdoor Intramurals, Outdoor Class. 4/C Uniform Modifications are required. I say again..."

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EXAMPLE ADVERSE WEATHER QUICK REFERENCE CARD

Front:

WBGTI FLAG CONDITIONS**GREEN** * NO RESTRICTIONS

<85 deg

YELLOW * PEP and PT allowed

85 – 87.9 deg after TD-21

* Drink 1 quart/hr

RED * No outdoor PEP/PT/Intramural Sports

88 – 89.9 deg * Drink 1 quart/hr

BLACK * No outdoor PEP/PT/Intramural Sports

≥ 90 deg * No outdoor physical activities

* Water and indoor sports OK

* Modified Whiteworks [only] authorized

* Drink 1-1.5 quarts/hr

Back:

LIGHTNING CONDITIONS**TC-I** * No outdoor activity

(< 5 MI) * No weapons/swords/guidons

* Move to nearest indoor facility

* Avoid standing water, open areas, flagpoles, etc.

* Inter-building transit authorized as sound judgment permits

TC-II * Training continues as common sense and sound judgment permits

(<15 MI) * Consider alternate training plans in case of adverse weather

TC-III * Training continues as the effects of wind (<30 mph) and

(<30 MI) rain are minimized