

Heat Advisory – Heat Warning – Ozone Action Day Guidelines

Students will be allowed outside for PE, recess, breaks, band, or outside activities on heat warning and ozone action days using the following guideline:

1. Outside activity limited to 30-minute intervals.
2. If the activity period is longer than 30 minutes the activity must be followed by a 15-minute break. *Example: 90-minute period: 30-minute activity - 15-minute break - 30 minute activity - 15 minute break*
3. During all outside activities make sure that students have water before and after activity.
4. Students with respiratory problems should follow the advice of the parent and/or physician.

Heat Warning – is when the heat index is 100 degrees or greater and below a heat index of 105 degrees.

Ozone Action Day - based on the quality of air.

0-50	Green	Air quality is good with no health impact.
51-100	Yellow	Sensitive people should consider limiting prolonged exposure.
101-200	Orange/ Red	Any activity longer than 30 minutes must have 15 minutes of rest for every 30 minutes of activity. Encourage Fluids (Water)
201-300	Purple	Outside activity will be avoided.

Heat Advisory - is based on a combination of temperature and humidity. This is the most serious: When the heat index reaches 105 degrees, a heat advisory is used. Outdoor activities should be limited to basic activities needed for school such as: waiting for the bus, riding the bus, etc.

We will not be calling campuses each morning with heat advisory, heat warning, or ozone action day information. Please listen to the weather report and make your decisions accordingly.