

CLEAR CREEK ISD HEAT WEATHER GUIDELINES

Trainers will notify the coaches, sponsors, and principals when the temperature reaches 104 degrees.

HEAT

Elementary Schools

When the temperatures exceeds 100 degrees, elementary students will remain in air-conditioned areas of the school. This would pertain to physical education classes and to recess. All after-school programs will be held in air-conditioned areas of the school until 6:00 pm.

Elementary Recess Weather Guidelines	
<u>Temperature</u>	<u>Recommendation</u>
Below 89°F	Outside recess <ul style="list-style-type: none"> • Students can comfortably play outside • Provide water, breaks and shade
90°F – 97°F	Caution at Recess <ul style="list-style-type: none"> • Monitor conditions during 30-minute recess • Students should be allowed water before, during, and after recess • Allow shaded area for breaks
98°F - 99°F	Limited Recess <ul style="list-style-type: none"> • Limited activity to 20 minutes or less outside • Students should be allowed water before, during, and after recess • Allow for cool down period
100°F and Above	Danger <ul style="list-style-type: none"> • No outdoor play • All students should remain inside

Considerations for timeframes are based on input from the National Weather Service and Texas Children’s Hospital recommendations.

Have students bring water outside with them. ***Please check playground equipment temperature each day.***

Attempt to avoid any outside activity after 2:30 pm during the hottest parts of the day.

Campus Administrators make the final decision for outside recess. Always consider what is in the best interest of the students and any medical conditions that may be present.

Intermediate and Secondary Physical Education Classes

When the temperature exceeds 100 degrees, all physical education students will remain in air-conditioned areas of the school.

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Intermediate Extracurricular Activities

- ◆ When the temperature reaches 100 degrees or above, football players will be dressed in pants or shorts, short-sleeved shirts and helmets only. All students under the care of a physician for an underlying medical condition (including but not limited to asthma, diabetes, heart conditions, and seizures) may “self-limit” during all physical activities without penalty, may have unlimited access to water and rest breaks, and may remove extra equipment, such as helmets, when not participating.
- ◆ When the temperature reaches one of the following conditions then all outside practices will choose one or more of the options listed.
 - 100 degrees or above AND the humidity is 45% or above
 - 104 degrees or above
- ◆ OPTIONS to meet conditions are:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
 - Practice will begin after 6:00 pm

Secondary Extracurricular Activities

- ◆ When the temperature reaches 100 degrees or above, students under the care of a physician for an underlying medical condition (including but not limited to asthma, diabetes, heart conditions, and seizures) may “self-limit” during all physical activities without penalty, may have unlimited access to water and rest breaks, and may remove extra equipment, such as helmets, when not participating.
- ◆ When the temperature reaches one of the following conditions then all outside practices will choose one or more of the options listed.
 - 100 degrees or above AND the humidity is 45% or above
 - 104 degrees or above
- ◆ OPTIONS to meet conditions are:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
 - Practice will begin after 6:00 pm.

All Coaches, Sponsors and Directors are certified in first aid and CPR. They will receive heat stress training and lightning safety prior to the start of each school year.