



Hot Weather Activity Recommendations

For outdoor activities, Physical Education and Athletics based upon CDE and CSBA suggested guidance.

Activity	0 to 50 Freezing / Cold	51 to 95 Moderate	95 to 99 Unhealthy for Sensitive Groups	100 to 104 Unhealthy	104 + Very Unhealthy
Recess (15 min) Lunch (30-40 min)	No outdoors	Unlimited activity (Water as needed)	Modify activity and reduce vigorous outdoor activities.	Limited outdoor activities. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
PE (1 hr.)	No outdoors	Unlimited activity (Water as periodically)	-Modify activity and reduce vigorous exercise to 30 minutes per hour -increase water breaks	-Limit outdoor activities - breaks every 20 minutes Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4 hrs.)	No outdoors	Unlimited activity (Water breaks)	-Reduce vigorous exercise to 30 minutes per hour -increased rest & water breaks	-Limit outdoor activities -reduce vigorous exercise to 20 minutes of practice -increased rest breaks with water and substitutions. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No outdoors	Unlimited activity (Water as needed)	-Increase rest & water breaks and substitutions -Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat. Ensure that sensitive individuals are medically managing their condition.	Event must be rescheduled or relocated.