

Commerce ISD Coordinated School Health Cold Weather Advisory Guidelines for Physical Education and Recess Time

Time spent outdoors is an important part of the school day. It is difficult to set guidelines that fit every circumstance and condition regarding outside activities during cold weather. Principals are advised to use their discretion and good judgment as to whether or not students will go outside, as well as the duration of the outside activity.

During times of excessively cold weather, the following precautions will be taken for all outdoor physical education classes, recess, and/or outdoor field trips. Staff should be aware of the wind chill factor and take appropriate precautions during cold weather. If a student does not have adequate warm clothing to participate in the outdoor activity, such clothing should be provided or the student excused from the activity. Students should not have recess or Physical Education classes outside when the temperature or wind chill factor drops below 32°F (including windchill factor). On days when the temperature is unseasonably cold, outside recess should be limited to no more than 15-20 minutes.

Temperatures and humidity may be obtained from:

WeatherBug app

<http://wunderground.com>

<https://www.weather.gov/>

Additional recommendations/considerations include:

Between 32 and 40 degrees, children should wear:

Winter coat, closed shoes, socks

Stocking caps and gloves are recommended

Between 41 and 50 degrees, children should wear:

Winter coat or heavy jacket over long-sleeved clothing

Closed shoes, stocking caps, and gloves are optional

Between 51 and 60 degrees, children should wear:

Winter coat or heavy jacket or sweatshirt/hoodie, closed shoes

◆The CDC and American Academy of Pediatrics emphasize that physical activity improves memory, attention, and concentration, and helps them stay on task in the classroom. Research also shows that when children spend time outdoors they have less anger, and aggression, and better impulse control. For students to receive the benefits of outdoor activities year-round we encourage parents/ guardians to follow the above guidelines when dressing their children for school.

American Academy of Pediatrics. (2022). Retrieved from <https://www.aap.org/en/news-room/news-releases/health--safety-tips/aap-offers-tips-for-keeping-kids-active-healthy-through-outdoor-play/#:~:text=Playing%20outside%20promotes%20curiosity%2C%20creativity,Impulse%20control%20is%20also%20better.>

Center for Disease Control and Prevention. (2022). Retrieved from <https://www.cdc.gov/healthyschools/physicalactivity/recess.htm#print>