

EXCESSIVE HEAT GUIDELINES

Kyrene School District is committed to protecting the health and safety of our students and staff. Kyrene provides various opportunities for outdoor physical activities before, during, and after school. The District will use the [Heat Index Chart](#) published by the Arizona Department of Health Services to guide our decision making regarding student activity during hot weather. A heat index identifies the “feels like” or effective temperature. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation of perspiration. As the index rises, so do the health risks.

Temperature and humidity data for Kyrene School District (zip code 85284) is obtained daily from www.weather.com/weather/hourbyhour. This data is utilized to calculate the hourly heat index. Whenever the heat index is in the extreme caution, danger or extreme danger range, a district designee will inform all Kyrene staff via email of a **Heat Advisory**.

The heat advisory will include the time of day when temperatures are expected to reach the extreme caution, danger, or extreme danger range.

When the heat index is in one of the four levels, precautions are to be taken for all outdoor physical activity before, during and after school, including but not limited to: recess, physical education classes, afterschool programming, summer programming and field trips.

Please note, guidelines for athletics (including middle school athletics, intramurals, and sports-based youth enrichment courses) are outlined in a separate section.

Once the Heat Advisory is communicated, the required District and Athletic Guidelines will be put into place.

District Heat Advisory Guidelines

<i>Extreme Danger Range</i> Heat Index: 130+ degrees F
Student outdoor time is RESTRICTED to only essential activities (such as pick up or drop off). All non-essential outdoor activities are canceled (i.e. lunch, recess, P.E.).
<i>Danger Range</i> Heat Index: 105-129 degrees F
Student outdoor time is RESTRICTED to only essential activities (such as pick up times) when the heat index is in the danger range AND actual temperature is 115 degrees or higher . All non-essential outdoor activities are canceled (i.e. lunch, recess, P.E.). OR Student outdoor time is LIMITED to 10 minutes with an emphasis on hydration before, during and after recess or activity when the heat index is in the danger range AND the actual temperature is below 115 degrees .
<i>Extreme Caution Range</i> Heat Index: 90-104 degrees F
Student outdoor time is LIMITED to 10 minutes with an emphasis on hydration before, during and after recess or activity.
<i>Caution Range</i> Heat Index: 80-89 degrees F
Student outdoor time will PROCEED as scheduled with an emphasis on hydration before, during and after recess or activity.

Athletics Heat Advisory Guidelines

Extreme Danger Range **Heat Index: 130+ degrees F**

All **outdoor athletics activities** are **RESTRICTED** (i.e. practice, games, meets). Any scheduled athletic events will be canceled.

Danger Range **Heat Index: 105-129 degrees F**

All **outdoor athletics activities** are **RESTRICTED** (i.e. practice, games, meets) when the heat index is in the danger range AND the actual temperature is **over 110 degrees**. Any scheduled athletic events will be canceled.

OR

All **outdoor athletic activities** are **LIMITED** when the heat index is in the danger range AND the actual temperature is **at or below 110 degrees**. Outdoor practices may take place and all athletes will be required to hydrate prior to engaging in a practice/game/meet. Mandatory water breaks will take place every 20 minutes during practice, and mandatory water breaks will take place during games/meets at the officials' discretion.

Extreme Caution Range **Heat Index: 90-104 degrees F**

All **outdoor athletic activities** are **LIMITED**. Outdoor practices may take place, and all athletes will be required to hydrate prior to engaging in a practice/game/meet. Mandatory water breaks will take place every 20 minutes during practice, and mandatory water breaks will take place during games/meets at the officials' discretion.

Caution Range **Heat Index: 80-89 degrees F**

All **outdoor athletics activities** (i.e. practice, games, meets) **will proceed as scheduled**, during and after recess or activity.