



HUTTO ISD HEALTH SERVICES

Weather Guidelines for Physical Education & Recess

Time spent outdoors is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. However, there are times when it is not safe for students to be outside. Please use the guidelines below for when school recess, other outdoor physical activity, or physical education classes should be modified.

Each school is to determine the criteria for such decisions and who will make the judgment call on a day-to-day basis. The decision making process may vary from grade to grade.

Conditions that should be considered in the determination:

- Temperature
- Humidity
- Heat index/Wind Chill Factor
- Age of Students
- Length of time outdoors
- Adequacy of the clothing of the children
- Condition of the playground
- See chart below, follow recommendations

| When heat index or wind chill (feels like temperature): | Activity level and precautions: |
|---|---|
| ABOVE 105 | NO OUTDOOR PLAY |
| Heat Index Above 100F | Limit outdoor activity to less than 20 minutes or choose indoor activities. Be alert for signs of heat related illness, especially for those with higher risk. When the heat index is elevated often the Air Quality index is high (see chart below). |
| Heat Index 90-100F | Outdoor activities include rest in shade and water breaks every 15-20 minutes. Encourage fluids before, during, and after outdoor activities. Be alert for signs of heat related illness, especially for those at a higher risk. |
| Heat Index 60-90F | Enjoy the Outdoors. Be sure to encourage children, especially young children, to drink water. |
| Wind Chill 40-60F | Outdoor dress should include long sleeves and pants. In addition, gloves, hats and jackets may be needed for comfort. |
| Wind chill below 40F | Limit outdoor activity to less than 20 minutes or choose indoor activities. Outdoor dress MUST include gloves, hats, and jackets. |
| BELOW 35 | NO OUTDOOR PLAY |



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| Air Quality Index Levels of Health Concern | Numerical Value | Meaning |
|--|-----------------|--|
| Good | 0 to 50 | Air quality is considered satisfactory and air pollution poses little or no risk. |
| Moderate | 51 to 100 | Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution. |
| Unhealthy for Sensitive Groups | 101 to 150 | Members of sensitive groups may experience health effects. The general public is not likely to be affected. |
| Unhealthy | 151 to 200 | Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects. |
| Very Unhealthy | 201 to 300 | Health Alert: everyone may experience more serious health effects. |
| Hazardous | 301 to 500 | Health warnings or emergency conditions. The entire population is more likely to be affected. |

Recess & Outdoor Physical Activity

1. Teachers should provide students a water break before and after recess. Additionally, any student who shows signs of heat exhaustion or overheating, should be allowed a water break during the recess period.
2. Teachers/recess monitors should be aware of medical conditions such as asthma, diabetes, epilepsy (seizures), allergy, anemia, medications, etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however there is not reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.
3. Each year students and parents should be informed of the school's cold weather guidelines, along with reminders about the necessity of wearing appropriate clothing for cold weather activities.
4. Schools should honor reasonable parent requests that a student be allowed to stay indoors. Requests based on health reasons must be honored. Asthmatic children may need special accommodations. The parent and school must work together to determine a workable system for when the child should not participate in outdoor activities due to health.
5. If a student's medical condition requires further consideration due to weather conditions, or if you have other questions or concerns about how and when weather conditions affect your students, please contact your campus nurse.