

**HEALTH SERVICES College Station Independent School District Guidelines
for Modification of School-Related Activities related to Weather or
Environmental Conditions.**

Purpose: To protect the health and safety of CSISD students and staff while providing and encouraging appropriate physical activities and opportunities. Acknowledging that local weather and environmental conditions are frequently at intensities that may result in negative health consequences, CSISD employees shall take the following measures to protect student and staff health and safety.

Students need daily, vigorous exercise. It is not the intent of these guidelines to eliminate physical education or other outdoor programs during or after school, only that certain activities be limited or revised during those times when negative health or safety consequences are most likely to occur.

Responsibility: CSISD Administrators, Campus Principals, School Nurses, and Teachers.

Cold Weather Precautions Cold exposure can be uncomfortable, increase the risk of injury, and impair performance. Factors to take into consideration include more than just the temperature. Wind chill and wet conditions will increase the cooling effect. Wind Chill interacts with the temperature to significantly increase body cooling. The combination of cold air and the deep breathing of exercise can also trigger breathing problems. If the body and clothing are wet, there is an increase of body cooling. This could be from sweat or rain.

Middle through High School:

Athletes are encouraged to dress in layers and try to stay dry. Heat loss from the head and neck can be as much as 50% of total heat loss. Therefore, covering the head is recommended during very cold conditions. 2. Adequate warm-up is essential to prevent injuries, especially in cold conditions. Try to keep warm throughout the practice or contest. 3. Stay hydrated. Dehydration affects the body's ability to regulate temperature whether it is hot or cold conditions.

The following guidelines will be used to determine alterations to practice and game schedules due to cold conditions. The temperature and wind chill readings will be taken from The Weather Channel website (www.weather.com). **Decisions on contests should be made by 12:00pm of the day of the contest.** Temperature is **32 degrees or above** with Wind Chill **below 28 degrees** Daylight activities may continue following the guidelines above. Evening activities will not be played. Temperature is **below 32 degrees** with Wind Chill **below 28 degrees** all activities are

moved indoors or cancelled. *Wet weather could add to the possibility of canceling activities or moving them indoors.

Elementary through Intermediate grades:

During times of excessive cold weather, the following precautions will be taken for all outdoor physical activity including, but not limited to: recess, physical education classes, and/or outdoor field trips.

On days when the temperature is unseasonably cold, outside recess should be restricted to no more than 15 minutes.

Guidelines for determining cold weather conditions:

Temperature and humidity data may be obtained from

- <http://www.weather.com> Details specific to the school should be accessed as follows:
- Enter school zip code; select “Hourly” tab (it is suggested that the site be bookmarked at this point for easy daily access); the lowest estimated temperature and the “feels like temperature” (wind chill) shown under “detail” during school hours should be used.
- Teachers and coaching staff should be aware of the wind chill factor and take appropriate precautions during cold weather.
- Students are encouraged to dress appropriately for the weather.
- Indoor recess may be considered when **temperature or wind chill factor drops below 36 degrees.**

<https://www.weather.gov/safety/cold-wind-chill-chart>



Wind Chill Chart

