



Extreme Heat Plan

Scappoose School District understands that excessive heat conditions, air quality and severe weather can potentially cause unsafe environments for both learning and other activities. SSD has developed a robust response plan for all extreme weather related events.

Procedures to manage excessive heat:

The district understands that while high heat may not warrant closing school, there are several precautions that can be made to prevent heat related illness and provide for a safe, productive learning environment.

- **Building/Classroom cooling**
 - The district's custodial and maintenance staff will employ the following strategies that assist in the productive airflow in buildings.
 - Upon arrival at 6:00am, ensure building circulation fans are operating and pulling in cooler outside air.
 - Open as many windows in classrooms as possible to allow cooler fresh air into the building.
 - As temperatures begin to rise (each building will be different based on geography, trees, etc.) close all windows, blinds and shades to minimize sunlight and heat into the classrooms, office, etc.
 - Use floor and box fans to help circulate the cooler air pulled in during the morning hours throughout the day.
 - Staff may identify areas inside the building or outdoor spaces that are cooler and move students to these areas.
- **Hydration/Monitoring for Heat related illness**
 - Students and staff are encouraged to stay well hydrated, drinking plenty of water throughout the day.
 - Staff will closely monitor students for signs of heat related illness.
- **Transportation**
 - While most First Student buses are not air-conditioned, we will do our best to keep buses cool by opening windows for airflow.
- **Outside Activities**
 - During periods of excessive heat, outside activities will be limited, relocated or cancelled.

Building closure decisions made during extreme heat situations:

The district will use the National Weather Service's [forecast](#) and heat index as its primary source of local weather conditions. When excessive heat warnings are issued or when heat index levels reach



dangerous levels (95 or higher), the district will consider closing school and/or considering the cancellation or restriction of activities. Additional considerations will be made for interior spaces and impact on learning and activities during extreme heat conditions.

Communication to students/families, staff and partners:

SSD will communicate about extreme heat schedule changes/closures as soon as possible by:

- Automated phone calls;
 - Email;
 - District App;
 - Online posting on the SSD website and all school websites;
 - Facebook: Scappoose School District
 - Instagram: @Scappoose_Schools
- Cancellation of specific activities will be made by the activity program leader or Athletic Director.

Heat Related Illnesses:

Heat rash is the most common health problem in hot work environments. It is caused by sweating and looks like a red cluster of pimples or small blisters. Heat rash usually appears on parts of the body that overlap or rub other parts of the body, such as in the groin area, under the arms or breasts, and in knee or elbow creases. If an employee has symptoms of heat rash, provide a cooler, less humid work environment, if possible. Advise the employee to keep the area dry and not to use ointments and creams that make the skin warm or moist, which can make the rash worse.

- Heat exhaustion can best be prevented by being aware of one's physical limits in hazardous environments on hot, humid days. The most important factor is to drink enough clear fluids (especially water, not alcohol or caffeine) to replace those lost to perspiration. Signs and symptoms of heat exhaustion typically include:
 - Profuse sweating
 - Weakness and fatigue
 - Nausea and vomiting
 - Muscle cramps (associated with dehydration)
 - Headache
 - Light-headedness or fainting; fainting or loss of consciousness is potentially serious and should be treated as a medical emergency.

When you recognize heat exhaustion symptoms in an employee, you must intervene; stop the activity, and move the employee to a cooler environment. Cooling off and rehydrating with water (or electrolyte replacement sports drinks) is the cornerstone of treatment for heat exhaustion. If the employee resumes work before their core temperature returns to normal levels, symptoms may quickly return.

If there is no intervention and the body's temperature regulation fails, heat exhaustion can rapidly progress to heat stroke, a life-threatening condition!



- Heat stroke requires an immediate emergency medical response. The person may stop sweating, become confused or lethargic, and may even have a seizure! The internal body temperature may exceed 106 degrees F. Signs and symptoms of heat stroke typically include:
 - Absence of sweating
 - Dry skin
 - Agitation or strange behavior
 - Dizziness, disorientation, or lethargy
 - Seizures or signs that mimic those of a heart attack

Ensure that emergency responders are summoned immediately if heat stroke is suspected. While waiting for emergency responders to arrive, cool the employee; move the employee to an air conditioned environment or a cool, shady area; and help the employee remove any unnecessary clothing. Do not leave the employee unattended. Heat stroke requires immediate medical attention to prevent permanent damage to the brain and other vital organs that can result in death.

Young children are sensitive to the effects of extreme heat, and must rely on other people to keep them cool and hydrated.

- Never leave children in a parked car. (Nor should pets be left in parked cars—they can suffer heat-related illness too.)
- Dress children in loose, lightweight, light-colored clothing.
- Seek medical care immediately if your child has symptoms of heat-related illness.

PREVENTING HEAT-RELATED ILLNESSES

- Encourage staff and students to frequently drink small amounts of water before they become thirsty to stay hydrated. During moderate activity, in moderately hot conditions, staff and students should drink about 8 ounces of liquid every 15 to 20 minutes
- Encourage staff and students to eat regular meals and snacks as they provide enough salt and electrolytes to replace those lost through sweating as long as enough water is consumed
- Schedule frequent rest periods with water breaks in shaded areas or areas where the temperature is cooler
- Ensure staff and students are aware of the signs of heat-related illnesses
- Encourage them to report immediately if they or others show symptoms
- Provide shade or cool areas for breaks