



High Heat in MUSD

High heat can increase the risk of heat-related injuries and illnesses. To ensure the safety of our staff and students, Manteca Unified has established the following Heat Advisory Guidelines in accordance with the [National Weather Service's HeatRisk](#) tool. Principals reference these guidelines when making decisions about outdoor activities based on current weather conditions.

**Please note that the California Interscholastic Federation (CIF) has published rules for CIF-governed high school athletics. Click [here](#) for detailed information.

MUSD's Heat Advisory Guidelines

	Level 1	Level 2	Level 3	Level 4	Level 5
Recess (15 minutes)	Outdoor activity ok for all	Outdoor activity okay; Sensitive groups may need to be indoors; encourage hydration	Outdoor activity okay; Sensitive groups may need to be indoors. Reinforce hydration and have a cool place available, as needed.	No outdoor activities during the peak of the heat (typically 10:00 am-5:00 pm)	No Outdoor Activities; all activities should be moved indoors
PE (1 hour)	Outdoor activity ok for all	Outdoor activity okay; Sensitive groups may need to be indoors; encourage hydration	Outdoor activity okay; may need to decrease intensity level; sensitive groups may need to be indoors. Allow for additional breaks. Reinforce hydration and have a cool place available, as needed.	No outdoor activities during the peak of the heat (typically 10:00 am-5:00 pm)	No Outdoor Activities; all activities should be moved indoors
Athletic Practice & Training (2-4 hours)	Outdoor activity ok for all	Outdoor activity okay; Sensitive groups may need to be indoors; encourage hydration;	Reduce vigorous activity with increased rest breaks. <i>** Follow CIF guidelines</i>	No outdoor activities during the peak of the heat (typically 10:00 am-5:00 pm) <i>**Follow CIF guidelines</i>	No Outdoor Activities; all activities should be moved indoors <i>**Follow CIF guidelines</i>
Scheduled Sporting Events	Outdoor activity ok for all	Outdoor activity okay; Sensitive groups may need to be indoors; encourage hydration	Move to cooler times of day, if possible. <i>** Follow CIF guidelines</i>	No outdoor activities during the peak of the heat (typically 10:00 am-5:00 pm) <i>**Follow CIF guidelines</i>	No Outdoor Activities. <i>**Follow CIF guidelines</i>

For more information on MUSD's Inclement Weather Guidelines, visit: <https://www.mantecausd.net/weather>