Panama-Buena Vista Union School District Hot Weather Guidelines for Students

The district recognizes that regular physical activity in childhood is important for promoting lifelong health and well-being of all students in addition to improving educational outcomes. This guidance is intended to help protect the health of all staff and students by taking preventative steps for high heat related illness. Check the heat risk level daily at www.wrh.noaa.gov/wrh/heatrisk/. The table below is a modified version of publications provided by the California Department of Public Health that shows when and how to modify outdoor physical activity based on Heat Risk level. Health, Safety and Wellness will advise all schools when outdoor activities must be canceled due to high heat index.

Heat Risk Level	Hot Weather Guidance			
Green (Little to None)	No elevated risk. • Great day to be outside!			
Yellow (Minor)	Heat is tolerated by most however, there is a low risk for sensitive groups to experience health effects. • Good day to be active outside!			
Orange (Moderate)	Moderate risk for members of heat sensitive groups to experience health effects. • Reduce time in the sun between 10 a.m. and 4 p.m. • Stay hydrated when active outside. Normal recess will be held. Exercise with caution.			
Red (Major)	High risk for much of the population who are exposed to the sun and active outdoors, or are in a heat sensitive group. This index is dangerous to <i>anyone</i> without proper hydration or adequate cooling. • Indoor recess activities encouraged. Cancel outdoor activities during the heat of the day. Stay Hydrated!			
Magenta (Extreme)	Very high risk for the entire population. Very dangerous to anyone without proper hydration or adequate cooling. Prolonged periods of heat are dangerous for everyone not prepared. • No outdoor activity. Move all activities indoors. Stay Hydrated!			

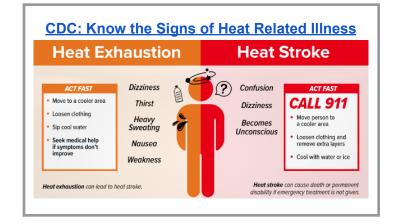
What is the heat index? The heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.

CHECK YOUR DAILY HEAT INDEX RISK

https://www.wrh.noaa.gov/wrh/heatrisk/

or scan here:





Adapted from CDPH Heat Risk Grid: Understanding "HeatRisk" level, Who is At Risk, and What Actions to Take





Panama-Buena Vista Union School District Hot Weather Guidance

Learn more about Preparing for Extreme Heat: www.ready.gov/heat#prepare



Activity	Green (Little to None)	Yellow (Minor)	Orange (Moderate)	Red (Major)	Magenta (Extreme)
Recess (15 Min.)	No restrictions	 Increase hydration Utilize shade if recess is during strongest sun 	 Stay hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside 	 Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor activities during heat of the day 	 Move all activities indoors Cancel all outdoor activity
P.E. (1hr)	No restrictions	 Increase Hydration Utilize shade if class is during strongest sun 	 Stay Hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside 	 Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor activities during heat of the day 	 Move all activities indoors Cancel all outdoor activity
After School Sports & Activities	No restrictions	 Increase Hydration Utilize shade if class is during strongest sun 	 Stay Hydrated Reduce time in the sun between 10 am & 4pm Utilize shade and cooler areas while outside 	 Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor activities during heat of the day 	 Move all activities indoors Cancel all outdoor activity

Adapted from CDPH Heat Risk Grid: Understanding "HeatRisk" level, Who is At Risk, and What Actions to Take