

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. <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • Good day to be active outside!
Orange (Moderate)	Moderate risk for members of heat sensitive groups to experience health effects. <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • 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:



CDC: Know the Signs of Heat Related Illness

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness Thirst Heavy Sweating Nausea Weakness</p>	<p>Confusion Dizziness Becomes Unconscious</p>
	
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	

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.)	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> Increase hydration Utilize shade if recess is during strongest sun 	<ul style="list-style-type: none"> Stay hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside 	<ul style="list-style-type: none"> Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm <u>Cancel outdoor activities during heat of the day</u> 	<ul style="list-style-type: none"> Move all activities indoors <u>Cancel all outdoor activity</u>
P.E. (1hr)	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> Increase Hydration Utilize shade if class is during strongest sun 	<ul style="list-style-type: none"> Stay Hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside 	<ul style="list-style-type: none"> Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm <u>Cancel outdoor activities during heat of the day</u> 	<ul style="list-style-type: none"> Move all activities indoors <u>Cancel all outdoor activity</u>
After School Sports & Activities	<ul style="list-style-type: none"> No restrictions 	<ul style="list-style-type: none"> Increase Hydration Utilize shade if class is during strongest sun 	<ul style="list-style-type: none"> Stay Hydrated Reduce time in the sun between 10 am & 4pm Utilize shade and cooler areas while outside 	<ul style="list-style-type: none"> Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm <u>Cancel outdoor activities during heat of the day</u> 	<ul style="list-style-type: none"> Move all activities indoors <u>Cancel all outdoor activity</u>

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