

Temperature/Weather Guidelines

The opportunity for fresh air and outdoor play or exercise is an important part of a child's school day. Moderate to strenuous activity along with physical training increases lung capacity, endurance, and cardiovascular fitness. Students benefit from outdoor activity and the opportunity to break free from the structure of the classroom. While opportunities for outdoor activity are strongly encouraged for all students, there may be times when it is necessary to suspend outdoor activity due to weather conditions. The following guidelines are for the health and safety of our students.

COLD WEATHER GUIDELINES

On school days when there is excessive cold weather, the following procedure should be used for determining whether students can participate in outdoor activities, including but not limited to recess, physical education and outdoor field trips.

- The wind chill factor should be taken into account in determining whether outdoor activities are appropriate.
- The recommended temperature to allow students to be outside for recess, physical education, or outdoor field trips is 40 degrees Fahrenheit or above, including the wind chill factor.
- If campus staff determine a student does not have sufficient warm clothing for outdoor activities, the student should be excused from the activity.
- Any request from a parent that their child be excluded from outdoor activity due to weather conditions will be honored.
- Students should be encouraged to drink water whenever engaging in any physical activity.
- Current local temperature, including wind chill. can be obtained from one of these websites:
www.weather.com
www.weatherbug.com

HOT WEATHER GUIDELINES

On school days when there is excessive hot weather, the following procedure should be used for determining whether students can participate in outdoor activities, including but not limited to recess, physical education and outdoor field trips.

- The heat index should be factored in when determining whether outdoor activities are appropriate. As the heat index increases so do health risks.
- Students should not have outdoor recess or physical education classes when the temperature or heat index is greater than 100 degrees Fahrenheit.

- On days when the temperature is 85 degrees or greater, the campus administrator or designee will determine whether outdoor activities will take place based on the heat index. Use precaution, especially if the heat index is high. Limit recess to no more than 15 minutes.

- Students must have access to water before, during and after the outside activity. Access to drinking water will never be used as a punishment or motivator.

- Any request from a parent that their child be excluded from outdoor activity due to weather conditions or high pollen counts will be honored.

- Current local temperature, including wind chill, can be obtained from one of these websites:

www.weather.com

www.weatherbug.com

Understand the Weather

Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of frostbite
- -20° to -60° is *extreme cold* and frostbite is likely
- -60° is *frigid* and exposed skin will freeze in 1 minute

Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)										
Air Temperature	Wind Speed in mph									
	Calm	5	10	15	20	25	30	35	40	
40	40	36	34	32	30	29	28	28	27	
30	30	25	21	19	17	16	15	14	13	
20	20	13	9	6	4	3	1	0	-1	
10	10	1	-4	-7	-9	-11	-12	-14	-15	
0	0	-11	-16	-19	-22	-24	-26	-27	-29	
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	

Comfortable for outdoor play
 Caution
 Danger

Heat Index Chart (in Fahrenheit %)													
Air Temperature (F)	Relative Humidity (Percent)												
	40	45	50	55	60	65	70	75	80	85	90	95	100
80	80	80	81	81	82	82	83	84	84	85	86	86	87
84	83	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	105	109	113	117	122	127	132
94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130							
104	119	124	131	137									

OUTDOOR AIR QUALITY INDEX (OZONE ALERT DAYS)

On school days when the air quality is predicted to be poor (level orange or red), the following procedure should be used for determining whether students can participate in outdoor activities, including but not limited to recess, physical education and outdoor field trips.

- **Level Yellow Alert Days** indicate that the air quality is moderate. A very small number of people may experience a problem. On these days the following is recommended:
 - Reschedule high energy outdoor activities for the morning and avoid times when air quality is poorest (late afternoon)
 - Spend less time in high-energy activity
 - Reduce the intensity of the activity
- **Level Orange Alert Days** indicates that the air quality is unhealthy for sensitive groups. The general public is not likely to be affected but people with lung disease, older adults and children have a greater risk of problems. Students diagnosed with asthma or other respiratory conditions should be monitored closely. Students with severe asthma or respiratory conditions should be excused from all outdoor activities.
- **Level Red Alert Days** indicates that the air quality is unhealthy for everyone. Outdoor activity in the morning is allowable as long as all students are monitored closely. Students with respiratory problems such as asthma, other respiratory conditions, or underlying health problems should be excused from outdoor activities. Late afternoon and evening activities are discouraged for all students.
- **Level Purple or Maroon Alert Days** indicates that air quality is very unhealthy or hazardous. All recess and physical education activities should take place in an air conditioned setting until outdoor air quality improves.
- Any request from a parent that their child be excluded from outdoor activity due to air quality conditions will be honored.
- The Air Quality Index (AQI) provides local information on local air quality. Information on the AQI can be accessed at: <http://weather.weatherbug.com/air-quality.html> or sign up to receive email alerts at <http://www.enviroflash.info/signup.cfm>.

THUNDERSTORMS

On school days when lightning and thunderstorms are approaching the following precautions will be used for all outdoor activities, including but not limited to recess, physical education and outdoor field trips.

- It does not need to be raining for lightning to strike. Lightning may strike as far away as 10 miles from the storm center. If lightning is seen or thunder is heard, all students and staff will go inside or seek shelter immediately.
- Outdoor activities may resume after the storm has passed and no lightning has been seen nor thunder heard for at least 30 minutes.

