



EXCESSIVE HEAT PRECAUTIONS

HEAT ALERT 0

- Heat Index: 80 - 90 (air temperature is < 90)
- Excessive fatigue is possible with prolonged exposure or physical activity
- Precautions: Recommend water supply at all practices and competitions with rehydration breaks at least every 30 minutes.

HEAT ALERT 1

- Heat Index: 90 - 105 (air temperature is > 90, beginning to feel uncomfortable)
- Sunstroke, heat cramps, and heat exhaustion are **possible** with prolonged exposure or physical activity
- Precautions: Increase water intake. Encourage drinks of water before and after recess. Medically fragile students and those with serious chronic conditions (e.g., heart problems) should be monitored closely.

HEAT ALERT 2

- Heat Index: 105 - 130 (or air temperature is > 95, feels uncomfortable)
- Sunstroke, heat cramps, and heat exhaustion are **likely** and heat stroke is **possible** with prolonged exposure or physical activity
- Precautions: Reduce outdoor recess and PE to 5 - 10 minutes. Encourage drinks of water throughout the day, and especially before and after recess. Medically fragile students and those with serious chronic conditions (e.g., heart problems) should be kept inside. Light clothing should be worn for marching band.

HEAT ALERT 3

- Heat Index: 130 or higher (air temperature is >105, uncomfortable and dangerous)
- Heat/sunstroke are **highly likely** with continued exposure.
- Precautions: Stop outdoor activity, seek cool areas, and encourage water intake throughout the day. All students should be kept inside in a cool area for recess, P.E. and marching band rehearsals.

Remember

Soft drinks and caffeinated coffee/tea do not replace water.

Athletic teams, cheerleaders, etc. are to follow KSHSAA guidelines.

Early childhood facilities are to follow Health Department guidelines.

Local heat indices are available throughout the day at www.weather.com by inputting your zip code.