



Richland School District Two
Weather Guidelines for Outdoor Activities
(Web Links Updated December 2025)

PE, Recess, ROTC Guidelines

Wind Chill- https://www.weather.gov/epz/wxcalc_windchill

- If the outdoor temperature is below 40 degrees, check the wind speed and compare to the Wind Chill Factor Chart to determine if students should go outdoors for recess and/or physical education.
- If in the “Green” Zone it is okay to go outdoors.
- If in the “Yellow” Zone, it is okay to go outdoors with caution on length of time spent outdoors and risk to students with known chronic health conditions.
- If in the “Red” Zone, it is too dangerous to be outdoors and alternate activities should be planned for indoors.

Heat Index- <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml>

- Once the outdoor temperatures reach 90 degrees, check the relative humidity and compare to the Heat Index Chart to determine if students should go outdoors for recess and/or physical education.
- If in the “Green” Zone it is okay to go outdoors.
- If in the “Yellow” Zone, it is okay to go outdoors with caution on length of time spent outdoors and risk to students with known chronic health conditions
- If in the “Red” Zone, it is too dangerous to be outdoors and alternate activities should be planned for indoors.

Air Quality-

- **Check the AIRNOW Air Quality Calculator** guidelines for outdoor activities
<https://www.airnow.gov/?city=Columbia&state=SC&country=USA>
- Once the AQI is in the “Orange” Zone, considerations should be made for students with chronic health conditions such as breathing problems and allergic reactions.
- Once the AQI is in the “Red” Zone everyone may experience health effects and alternate activities should be planned for indoors.

Students whose parents or physician opt for them to stay indoors during the cold, heat, pollen, yellow/orange AQI days should have a specified location, other than the health room, to be supervised during recess time.

Storm Watch or Warning-

- When Thunder Roars Go Indoors. Wait for 30 minutes after last thunder clap before going outdoors
- A "watch" means conditions are favorable for severe weather to develop in an area; a "warning" means severe weather has been reported in the area and for everyone to take proper precautions.
- Activities should be delayed if a thunderstorm is approaching before or during outdoor activities.

Resources for indoor activities-

- <https://www.gonoodle.com/>
- <http://www.actionforhealthykids.org/game-on/find-challenges/on-the-playground-challenges/1473-active-indoor-recess>
- <http://peacefulplaygrounds.com/10-rainy-and-snow-day-activities-for-indoor-recess/>

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
Weather Guidelines for Children

Weather Guidelines for Children

Wind-Chill Factor Chart (in Fahrenheit)										
Wind Speed in mph										
Air Temperature	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 out door play
 ■ Caution
 ■ Danger

Heat Index Chart (in Fahrenheit °)														
Relative Humidity (Percent)														
Air Temperature (F)	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										

Air Quality Index	Number	Outdoor Activity Guidance
 GOOD	0 - 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
 MODERATE	51 - 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
 UNHEALTHY FOR SENSITIVE GROUPS	101 - 150	Although general public is not likely to be affected at this AQI range, people with lung disease, older adults and children are at a greater risk from exposure to ozone, whereas persons with heart and lung disease, older adults and children are at greater risk from the presence of particles in the air.
 UNHEALTHY	151 - 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
 VERY UNHEALTHY	201 - 300	Health alert: everyone may experience more serious health effects.

Athletics and Band/Color Guard

Athletics-Refer to Heat Guidelines in the Sports Medicine Section of the Richland 2 Athletics Manual.

Band/Color Guard- See below for guidelines.

Communicate with Athletic Trainer for current conditions to determine if modifications are needed.

Band/Color Guard

Temp Range	Best Practices	Max Time Outdoors	Rest Breaks	Recommendations
WBGT under 82°F	Normal monitoring and hydration.	No heat based restrictions.	At least 3 breaks, min. 3 min each	<ul style="list-style-type: none"> No practice limitations Water breaks are recommended at a 5 minute water/rest break every 30 minutes.
WBGT 82.0 - 86.9°F	Closely monitor at risk athletes, increase reminders of fluid intake.	3 hours	≥4 min breaks every 20 min	<ul style="list-style-type: none"> Water breaks will occur every 30 minutes with a 5 minute total rest time.
WBGT 87.0 - 89.9°F	Cold tub in place beyond this category.	2 hours	≥4 min breaks every 15 min	<ul style="list-style-type: none"> Band will not be allowed to practice in competition uniform Instruments off during water breaks and re-set of routine Practice will not exceed 2 hours of total heat exposure.
WBGT 90.0-92.0°F	Recommend suspension of activities if athletes begin to report symptoms.	1 hour	Minimum of 5 minute break after every 10 minutes of activity.	<ul style="list-style-type: none"> Water breaks will occur every 15 minutes with a 5 minute total rest time. Band will not be allowed to practice in competition uniform Instruments off during water breaks and re-set of routine Practice will not exceed 1 hours of total heat exposure.
WBGT higher than 92.1°F	Reschedule activities for a cooler time. No outdoor activities.			