

Regulation 5141.75: Weather Safety

Status: ADOPTED

Original Adopted Date: 06/24/2026 | **Last Revised Date:** 06/24/2026 | **Last Reviewed Date:** 06/24/2026

The District is committed to providing a safe learning environment and protecting students, staff, and visitors from heat-related illness during periods of elevated temperatures and extreme heat events.

These guidelines are established pursuant to California Education Code Section 33355 and are based upon guidance from the California Department of Public Health (CDPH), California Department of Education (CDE), and National Weather Service (NWS).

These procedures apply to:

- Physical Education (PE)
- Recess and lunch activities
- Athletic practices and competitions
- Outdoor classroom and extracurricular activities
- Field days and school events
- After-school programs
- Any other school-sponsored outdoor activity

District Standard for Heat Monitoring

The District shall use the National Weather Service (NWS) HeatRisk Forecast as the primary decision-making tool to determine activity modifications during periods of elevated temperatures and extreme heat.

The District recognizes that heat-related health risks are not determined by temperature alone. The NWS HeatRisk Forecast is a science-based tool that evaluates:

- Forecasted daytime temperatures
- Overnight temperatures
- Duration of heat events
- Local climate conditions
- Population acclimatization
- Potential health impacts

Because HeatRisk considers multiple factors that affect human health, the District will rely on NWS HeatRisk levels rather than fixed temperature thresholds when determining activity restrictions.

Site administrators may implement additional restrictions whenever local conditions warrant a more protective response.

Notwithstanding the NWS HeatRisk level or any other provision of these guidelines, the Superintendent or designee may temporarily modify, relocate, postpone, or suspend outdoor

activities whenever weather conditions or other environmental factors present an imminent risk to the health, safety, or well-being of students, staff, or visitors. Such determinations may be based on local conditions, NWS advisories or warnings, air quality conditions, facility limitations, emergency conditions, or any other circumstance that, in the judgment of the Superintendent or designee, warrant additional protective measures.

Daily Heat Monitoring Procedures

The site administrator or designee shall:

1. Review the NWS HeatRisk Forecast each school day when elevated temperatures are forecast.
2. Monitor local weather conditions throughout the day when conditions are expected to worsen.
3. Communicate activity modifications, cancellations, or relocations to affected staff.
4. Implement additional protective measures when necessary.

Additional precautions should be considered when:

- An NWS Heat Advisory is issued.
- An NWS Extreme Heat Warning is issued.
- Multiple consecutive days of elevated temperatures occur.
- Poor air quality occurs simultaneously with heat conditions.
- Students are not acclimated to heat.
- Students have medical conditions that increase sensitivity to heat.

NWS HeatRisk Forecast: <https://www.wpc.ncep.noaa.gov/heatrisk/>

Quick Reference Guide

Heat Risk Level and Required Action

- 0: Normal activities
- 1: Hydration and monitoring
- 2: Increase breaks and reduce intensity as needed
- 3: Modify activities and move strenuous activities indoors when possible
- 4: Cancel or relocate strenuous outdoor activities

When conditions appear unsafe, staff shall select the more protective option and consult the site administrator.

The safety of students and staff shall remain the District's highest priority during periods of elevated temperatures and extreme heat.

Roles and Responsibilities

Site Administrator

The site administrator or designee shall:

- Monitor HeatRisk conditions and weather alerts.

- Communicate activity restrictions and modifications.
- Ensure staff are informed of heat-related safety procedures.
- Coordinate emergency response as necessary.
- Maintain documentation of significant heat-related events and actions taken.

Teachers, Coaches, and Activity Supervisors

Staff supervising students shall:

- Follow the HeatRisk Activity Decision Matrix.
- Ensure students have access to water and shade.
- Monitor students for signs of heat-related illness.
- Modify or stop activities when conditions become unsafe.
- Immediately report heat-related incidents to administration and the health office.

Health Office Staff

Health office staff shall:

- Assist with monitoring and treatment of heat-related illness.
- Coordinate emergency medical response when necessary.
- Maintain records of heat-related incidents.
- Provide support and guidance regarding student health concerns.

HeatRisk Activity Decision Matrix

HeatRisk Level 0 – Little Risk (Green)

All outdoor activities may proceed as scheduled.

Required Actions:

- Encourage hydration throughout the day.
- Provide access to shade during breaks.
- Monitor students for signs of heat stress.

HeatRisk Level 1 – Minor Risk (Yellow)

Outdoor activities may continue.

Required Actions:

- Encourage frequent water consumption.
- Increase awareness of students who may be heat-sensitive.
- Provide opportunities for rest in shaded areas.

HeatRisk Level 2 – Moderate Risk (Orange)

Outdoor activities may continue with modifications.

Required Actions:

- Increase hydration breaks.
- Increase shaded recovery periods.
- Reduce intensity of strenuous activities as appropriate.

- Consider shortening activity duration.
- Closely monitor students participating in vigorous physical activity.

HeatRisk Level 3 – Major Risk (Red)

Significant modifications are required.

Required Actions:

- Move strenuous activities indoors whenever feasible.
- Schedule activities during cooler morning hours when possible.
- Reduce duration and intensity of outdoor activities.
- Increase hydration and recovery periods.
- Consider postponing athletic conditioning and endurance activities.
- Limit prolonged exposure to direct sunlight.

HeatRisk Level 4 – Extreme Risk (Magenta)

Cancel or relocate strenuous outdoor activities.

Required Actions:

- No vigorous outdoor exercise.
- Conduct activities in cooled indoor spaces whenever possible.
- Suspend conditioning drills, endurance training, and prolonged running activities.
- Closely monitor students who must remain outdoors for brief periods.
- Postpone or reschedule outdoor events.

Hydration Requirements

All students shall have unrestricted access to drinking water.

Staff shall:

- Encourage students to bring refillable water bottles.
- Allow students to drink water whenever needed.
- Encourage hydration before, during, and after physical activity.
- Never restrict access to drinking water as a disciplinary measure.

Recommended practice:

- Water breaks should be provided at least every 15-20 minutes during moderate or vigorous physical activity.

Shade and Cooling Measures

Schools shall provide:

- Access to shaded areas during outdoor activities.
- Indoor cooling spaces when available.
- Additional cooling opportunities during elevated HeatRisk levels.

Whenever practical, outdoor breaks and recovery periods shall occur in shaded or cooled locations.

Alternative Indoor Activities

When outdoor activities are modified, relocated, or canceled, staff should consider:

- Indoor fitness stations
- Stretching and flexibility activities
- Yoga and mindfulness activities
- Health education lessons
- Indoor recreational games
- Walking activities in climate-controlled facilities
- Classroom movement activities

Heat Illness Recognition and Response

Heat Exhaustion

Common Symptoms:

- Heavy sweating
- Headache
- Dizziness
- Weakness
- Nausea
- Muscle cramps
- Fatigue

Response:

1. Stop activity immediately.
2. Move the student to a cool or shaded location.
3. Provide water if the student is alert and able to drink.
4. Notify the health office.
5. Continue monitoring until symptoms improve.

Heat Stroke – Medical Emergency

Heat stroke is a life-threatening condition requiring immediate medical attention.

Common Symptoms:

- Altered mental status
- Confusion
- Collapse
- Loss of consciousness
- Seizures
- Hot skin
- Signs of severe overheating

Response:

1. Call 911 immediately.
2. Begin rapid cooling measures.

3. Move the individual to a cool environment.
4. Notify administration and parent/guardian.
5. Do not delay emergency medical treatment.

Communication Procedures

When activity modifications occur, including postponement, relocation, and cancelation, the site administrator or designee shall communicate with:

- Teachers
- Coaches
- Playground supervisors
- Program staff
- School health personnel
- Families

Communications should include:

- HeatRisk level
- Activity restrictions
- Alternative arrangements
- Additional safety precautions

Staff Training

The District shall provide periodic training regarding:

- NWS HeatRisk levels
- Heat illness prevention
- Hydration practices
- Recognition of heat-related illness
- Emergency response procedures
- Activity modification requirements
- District extreme heat protocols

Documentation

Site administrators should maintain records of:

- Heat advisories and warnings
- Activity modifications or cancellations
- Heat-related incidents
- Emergency responses
- Staff training activities

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the Governing Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State

Ed. Code 33355

Description

[Creation of guidelines regarding weather protocols for extreme weather conditions](#)

Management Resources

CA Department of Education

Description

[Guideline for Local Educational Agencies on Developing Weather Safety Protocols Pursuant to California Education Code 33355](#)

CA Department of Public Health

[Health Guidance for Schools on Sports and Strenuous Activities During Extreme Heat](#)

National Weather Service

[NWS HeatRisk](#)