LAKE ELSINORE UNIFIED SCHOOL DISTRICT

PERRY WEATHER WET BULB GLOBE TEMPERATURE CATEGORY 3 & OUTDOOR ACTIVITY GUIDELINES

WBGT Reading	Recess	Physical Education	Athletics
< 82.0	Normal outdoor activities are appropriate. Encourage students to stay hydrated and have access to water.	Standard PE activities can proceed as planned. Ensure regular water breaks and monitor students for signs of heat-related issues.	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of three-minutes each during the workout.
82.2 - 86.9	Normal outdoor activities are appropriate. Encourage students to stay hydrated and have access to water.	Standard PE activities can proceed as planned. Ensure regular water breaks and monitor students for signs of heat-related issues.	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of four-minutes each.
87.1 - 90.0	Normal outdoor activities are appropriate. Prioritize hydration and closely monitor students for heat-related symptoms.	Standard PE activities can proceed as planned. Ensure regular water breaks and monitor students for signs of heat-related issues.	Maximum outdoor practice time is two-hours. Provide at least four separate rest breaks each hour with a minimum duration of four-minutes each. For football/field-hockey: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, platers may continue to work out wearing full pads without changing to shorts.
90.1 - 91.-9	Outdoor activities should only require light physical exertion. Indoor activity is recommended if appropriate facilities are available. Prioritize hydration and closely monitor students for heat-related symptoms.	Indoor activity is highly recommended. PE classes should only require light physical exertion in the shade if continued outdoors. Ensure students have regular hydration breaks and opportunities to cool down.	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is one-hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be twenty-minutes of rest breaks distributed throughout the hour of practice.
≥ 92.1	All outdoor activities are canceled. Activities must be conducted indoors with continuous hydration and cooling measures in place.	All PE classes must be held indoors and only include low-intensity activities. Ensure frequent hydration and cooling opportunities.	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.

Lightning Safety: Stay indoors until 30 minutes have passed since the last lightning strike within 10 miles of your assigned weather location.
Sensitive Groups: Heat combined with air pollution, and sometimes heat alone, can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms. If symptoms occur: The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.