

## Wharton ISD Outdoor Play

### Weather Guidelines

(PE, Recess, Classroom Activities)

The guidelines below are based on the National Weather Service and provide information to campus staff as they plan for outdoor activities such as physical education class, recess, and educational or recreational activities throughout the school day. It should be part of the daily routine in schools to monitor the weather. Campus teachers and staff are encouraged to use weather apps and/or check weather websites when making decisions regarding outdoor physical activity time for students.

- Students should be encouraged to drink plenty of water, before, during, and after exercise.
- Students should be allowed to take frequent water breaks and rest in a shaded area as needed.

### Heat Guidelines

Temperature and humidity combined determine the possible risk of heat-related injury for students.

| Air Temperature (F) | Relative Humidity (Percent) |       |       |       |       |       |       |       |       |       |       |       |       |     |
|---------------------|-----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
|                     |                             | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | 95-99 | 100 |
|                     | 80-83                       | 80    | 80    | 81    | 81    | 82    | 82    | 83    | 84    | 84    | 85    | 86    | 86    | 87  |
|                     | 84-89                       | 83    | 84    | 85    | 86    | 88    | 89    | 90    | 92    | 94    | 96    | 98    | 100   | 103 |
|                     | 90-93                       | 91    | 93    | 95    | 97    | 100   | 103   | 105   | 109   | 113   | 117   | 122   | 127   | 132 |
|                     | 94-99                       | 97    | 100   | 102   | 106   | 110   | 114   | 119   | 124   | 129   | 135   |       |       |     |
|                     | 100-102                     | 109   | 114   | 118   | 124   | 129   | 130   |       |       |       |       |       |       |     |
|                     | 103                         | 119   | 124   | 131   | 137   |       |       |       |       |       |       |       |       |     |



Comfortable outdoor  
play >30 min



Caution outdoor play  
30 min or less



Danger  
No outdoor play

- Students should be encouraged to drink plenty of water before, during, and after exercise.
- Students should be allowed to take frequent water breaks and rest in a shaded area as needed.

### Heat-Related Injury Information

#### Heat Exhaustion:

- Normal body temperature
- Pale and clammy skin
- Profuse sweating
- Rapid and weak pulse
- Tiredness, weakness, headache, nausea

#### Heat Exhaustion Action Steps:

1. Have the student lie down in a cool, quiet place.

2. Have the student loosen their clothing.
3. Call the school nurse.
4. Apply cool, wet clothes.
5. Give sips of cold water.
6. Notify the parent.
7. If the condition worsens or the student show signs of shock, call 911.

**Heat Stroke:**

- High temperature
- Hot, flush, dry skin
- Rapid and strong pulse
- May be unconscious

**Heat Stroke Action Steps:**

1. Call the school nurse/EMS (911).
2. Place the student in a cool, quiet place.
3. Apply cold, wet clothes.
4. Take the temperature.
5. If conscious, give sips of cold water.
6. Notify the parent.

**Ozone/Air Quality Guidelines**

To sign up for instant ozone alert notifications from the Texas Commission on Environmental Quality (TCEQ), click on [https://www.tceq.texas.gov/airquality/monops/ozone\\_email.html](https://www.tceq.texas.gov/airquality/monops/ozone_email.html) and follow the instructions.

Check the following reporting stations for Air Quality Index (AQI) values at [https://www.tceq.texas.gov/cgi-bin/compliance/monops/aqi\\_rpt.pl](https://www.tceq.texas.gov/cgi-bin/compliance/monops/aqi_rpt.pl). Click Houston. These are the reporting stations closest to Fort Bend ISD schools:

- Houston Westhollow C410
- Houston Bayland Park C53/C146/C181
- Houston Croquet C409
- Manvel Croix Park C84

The following precautions should be observed on all campuses:

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| Air Quality Index (AQI) Values | Levels of Health Concern       | Colors                          | Meaning                                                                                                                                                                         |
|--------------------------------|--------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| When the AQI is in this range: | ...air quality conditions are: | ...as symbolized by this color: | ...as defined by:                                                                                                                                                               |
| 0-50                           | Good                           | Green                           | Air quality is considered satisfactory, and air pollution poses little or no risk.                                                                                              |
| 51-100                         | Moderate                       | Yellow                          | 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. |
| 101-150                        | Unhealthy for Sensitive Groups | Orange                          | Members of sensitive groups may experience health effects. The general public is not likely to be affected.                                                                     |
| 151-200                        | Unhealthy                      | Red                             | Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.                                                        |



All students may participate in outdoor activity



All students may participate in outdoor activity; however, students with known or suspected sensitivities should be limited to ≤ 30 minutes of outdoor play



Limit outdoor activity to low levels for no more than 30 minutes for all students



All students should be kept indoors

### Lightning Guidelines

At the sound of thunder or the sighting of lightning, all students should be moved inside. All students should be kept inside for 30 minutes after the last sound of thunder and/or the sighting of lightning. Each time thunder is heard and/or lightning is sighted, the 30-minute clock starts over. There must be a continuous absence of thunder or lightning for at least 30 minutes before students are allowed back outside.

## Cold Weather Guidelines

### Wind-Chill Factor Chart (in Fahrenheit)

Air temperature and wind speed combined determine the length of outdoor play during cold conditions. On cold days, students should dress appropriately. As a general guide when the temperature including wind chill is 40 degrees Fahrenheit or below, there is no outdoor play.

| <b>"Feels Like"<br/>Temperature<br/>(including Wind<br/>Chill Factor)</b> | <b>Outdoor Play Guideline</b> |
|---------------------------------------------------------------------------|-------------------------------|
| >50                                                                       | Comfortable Outdoor           |
| 49-41                                                                     | Caution—30 min or less        |
| 40-0                                                                      | Danger—No outdoor play        |



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play >30 min



Caution outdoor play  
30 min or less



Danger  
No outdoor play