



Heat Advisory Guidelines for Physical Education and Recess

Time spent outside is an important part of the school day. Time spent outside allows students to engage in activities that allow them to relax from the structure of the classroom, have fresh air and exercise. There are however times when it is not safe for students to be outside. Please utilize the following guidelines for school recess, outdoor activities, or physical education classes.

Each school should determine the criteria for such a decision and who will make the judgment call at the local school. The decision-making process may vary from grade to grade.


Conditions that are to be considered:

- Temperature
- Humidity
- Heat Index
- Age of students
- Length of time outside
- Shaded/unshaded areas

Recess and Physical Activity/Physical Education Classes

1. When the temperature reaches 95 degrees or above, principals should reconsider outside student recess and provide an inside physical activity in an air-conditioned environment.
2. Teachers should provide students a water break before and after recess. Students should be monitored for heat exhaustion or overheating.
3. Teachers need to be aware of medical conditions such as asthma, epilepsy, allergies, medications taken, etc., which place students at higher risks for heat related issues. These conditions may intensify in hot weather.

4. Air Quality Index should also be considered when making decisions about outdoor activity. Please use the AQI chart shown below. Air Quality warnings are available through the NOAA and NWS. The district will also advise when there are warnings for Air Quality.



Air Quality Index for Ozone

(Based on 8-hr average concentrations)

Index Values (Conc. Range)	Air Quality Descriptors	Who needs to be concerned	What should I do?
0 – 50 (0-54 ppb)	Good	It's a great day to be active outside.	
51 – 100 (55-70 ppb)	Moderate	Some people who may be unusually sensitive to ozone.	Unusually sensitive people: <i>Consider reducing</i> prolonged or heavy outdoor exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
101 – 150 (71-85 ppb)	Unhealthy for Sensitive Groups	Sensitive groups include people with lung disease such as asthma, older adults, children and teenagers, and people who are active out- doors.	Sensitive groups: <i>Reduce</i> prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Watch for symptoms such as coughing or shortness of breath. Schedule outdoor activities in the morning when ozone is lower. People with asthma should follow their asthma action plans and keep quick relief medicine
151 – 200 (86-105 ppb)	Unhealthy	Everyone	Sensitive groups: <i>Avoid</i> prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors. People with asthma, keep quick-relief medicine handy. Everyone else: <i>Reduce</i> prolonged or heavy outdoor exertion. Take more breaks, do less intense activities. Schedule outdoor activities in the morning when ozone is lower.
201 – 300 (106- 200 ppb)	Very Unhealthy	Everyone	Sensitive groups: <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. People with asthma, keep quick-relief medicine handy. Everyone else: <i>Avoid</i> prolonged or heavy outdoor exertion. Schedule outdoor activities in the morning when ozone is lower. Consider moving activities indoors.
301 – 500 (≥ 201 ppb)	Hazardous	Everyone	Everyone: <i>Avoid all</i> physical activity outdoors.

Updated on May 10, 2016

Physical Education Classes

1. When the heat index reaches the 90's, physical education classes should remain indoors if possible.
2. Frequent water breaks should be allowed while students are participating in physical activity.

3. Teachers need to be aware of medical conditions such as asthma, epilepsy, allergies, medications taken, etc., which place students at higher risks for heat related issues. These conditions may intensify in hot weather.

Cold Weather Advisory Guidelines for Physical Education and Recess

Time spent outside is an important part of the school day. Time spent outside allows students to engage in activities that allow them to relax from the structure of the classroom, have fresh air and exercise. There are however times when it is not safe for students to be outside. Please utilize the following guidelines for school recess, outdoor activities, or physical education classes.

Each school should determine the criteria for such a decision and who will make the judgment call at the local school. The decision-making process may vary from grade to grade.

Conditions that are to be considered:

- Temperature
- Humidity
- Heat Index
- Age of students
- Length of time outside
- Adequacy of the clothing being worn

Recess and Physical Activity/Physical Education Classes

1. When properly clothed, elementary aged students can participate in an outdoor environment in most weather conditions. Increased caution should be displayed when temperatures fall below 40 degrees including wind chill.
2. When the temperature and wind chill fall below 35 degrees, students will remain indoors. Please use the wind chill chart shown below.

HEAT AND COLD WEATHER GUIDELINES

		AIR TEMPERATURE (F)																				
		50	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40		
WIND SPEED (mph)	5	48	42	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57		
	10	46	40	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66		
	15	45	38	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71		
	20	44	37	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74		
	25	43	36	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78		
	30	42	35	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80		
	35	41	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82		
	40	41	34	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84		
	45	40	33	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86		
	50	40	33	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88		
	55	40	32	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89		
	60	39	32	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91		
	65	39	32	24	17	10	2	-5	-12	-19	-27	-34	-41	-49	-56	-63	-70	-78	-85	-92		
	70	38	31	24	16	9	2	-6	-13	-20	-27	-35	-42	-49	-57	-64	-71	-79	-86	-93		
	75	38	31	23	16	9	1	-6	-13	-21	-28	-36	-43	-50	-58	-65	-72	-80	-87	-95		
	80	38	30	23	16	8	1	-7	-14	-21	-29	-36	-44	-51	-59	-66	-73	-81	-88	-96		
85	38	30	23	15	8	0	-7	-15	-22	-30	-37	-44	-52	-59	-67	-74	-82	-89	-97			
90	37	30	22	15	7	0	-8	-15	-23	-30	-38	-45	-53	-60	-68	-75	-83	-90	-98			
95	37	29	22	14	7	-1	-8	-16	-23	-31	-38	-46	-53	-61	-68	-76	-84	-91	-99			
100	37	29	22	14	6	-1	-9	-16	-24	-31	-39	-47	-54	-62	-69	-77	-84	-92	-100			
Approx frostbite times																						
		30 min					10 min					5 min										

- Each year, students and parents should be reminded of the school's cold weather guidelines, along with reminders about dressing appropriately for weather conditions.
- Temperature considerations and suggested dress:

Below 60 degrees	Jacket and/or long sleeves recommended
Below 50 degrees	Coat and long pants recommended
Below 40 degrees	Gloves and hats along with previously mentioned items
Below 35 degrees	Indoor recess and PE classes

- Schools should try and honor reasonable parent requests to allow students to stay indoors. In addition, requests based on health conditions will be honored. Specifically asthmatic children may need special accommodation for their needs during cold weather. The school should collaborate with the parents on a plan for when the child is unable to participate in outdoor activity.