



Heat Advisory Guidelines for Physical Education and Recess

Time spent outside is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outside allows student to engage in activities that allow them to relax from the structure of the classroom. 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
- Is the area being used shaded

Recess and Physical Activity

1. When the temperature reaches 95 degrees or above, principals should reconsider outside student recess and provide for an inside physical activity in an air-conditioned environment.
2. Teachers should provide students a water break before and after recess. Also monitor students, and if one shows signs of 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 be intensified in hot weather.
4. Air Quality Index should also be considered when making decision about outdoor activity. Please use the AQI chart on page 3 of this document. Air Quality warnings are available through the NOAA and the NWS. The district will advise as well when there are warnings for Air Quality.

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 be intensified in hot weather.



Cold Weather Advisory Guidelines for Physical Education and Recess

Time spent outside is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outside allows student to engage in activities that allow them to relax from the structure of the classroom. 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 on page 3.
3. Each year students and parents should be reminded of the school cold weather guidelines, along with reminders about dressing appropriately for weather conditions,
4. 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

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

Air Quality Index

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>..air quality conditions are:</i>	<i>...as symbolized by this color:</i>
0-50	Good	Green
51-100	Moderate	Yellow
101-150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

Wind Chill Chart

Temperature (F)

Wind	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite occurs in 15 minutes or less

