

# SPRINGTOWN ISD

## Weather Related Physical Activity Guidelines

### HOT Weather Guidelines for Recess and Outdoor Activity

It is difficult to set guidelines that fit every circumstance and condition in regards to outside activity during hot weather. Please consider the following guidelines in regards to modifying school recess, other outdoor physical activity or physical education classes.

**\*Principals have final discretion to determine the criteria for such decisions regarding safety of outdoor activity on a day-to-day basis.\***

**Heat induced illness is preventable.** The capabilities and limitations of the students themselves must always be borne in mind. There is no substitute for vigilant supervision. It is essential that a teacher or playground monitor be alert for signs of potential problems.

Children do not adapt to extremes of temperatures as effectively as adults. During physical activity, children produce more metabolic heat than adults, have a higher surface area-to-body mass ratio allowing a greater amount of heat to be absorbed from the environment to the body and their sweating capacity is lower thus reducing the ability to dissipate body heat by evaporation. Children are less likely to feel thirsty during prolonged play and exercise and need to be reminded to drink water. As temperatures rise, children should be acclimated to increased temperature over a period of days. The intensity and duration of outdoor activities should be adjusted as the students become acclimated.

### Conditions that should be considered in the determination:

- Temperature
- Humidity
- Exposure (full sun, partial shade, full shade)
- Age of Students
- Length of Time Outdoors
- Adequacy of Clothing of the Children
- Temperature of the Playground (metal and plastic parts)

## Recess & Outdoor Physical Activity

1. ***During times of excessive heat, precautions will be taken for all outdoor physical activity.***
2. Students should be hydrated prior to outdoor activities and drinking water should be easily accessible.
3. **Heat Index Temperature** recommendations (based on National Athletic Trainers Association recommendations)
  - a. Below 80 degrees-- No limitations
  - b. 80 to 95 degrees--**Caution**--less vigorous activity with rest periods--encourage hydration
  - c. 95 to 99 degrees--**Extreme Caution**--reduced vigorous activity and increased light activity or rest. Enforce hydration. Observer for signs of Sunstroke, heat cramps and heat exhaustion
  - d. 100 to 105 degrees-- Reduce time of outdoor activity **and** indoor activity if air conditioning is not available. Strongly consider moving all activity indoors. Mandatory hydration every 30 minutes with 10 minute rest periods between. Monitor closely for signs of heat related illness.
  - e. Above 105 degrees--**STOP ALL OUTSIDE ACTIVITY/PLAY** and inside activity if air conditioning is not available indoors.
4. Schools should honor **reasonable** parent requests based on **health reasons**.
  - a. In particular, asthmatic children may need special accommodation of their needs during extreme weather conditions. The parent and school must work to determine a workable system for when the child should not participate in outdoor activities due to health.

# Understand the Weather

## Wind-Chill



- 30 degrees is *chilly* and generally uncomfortable
- 15 to 30 degrees is *cold*
- 0 to 15 degrees is *very cold*
- -20 to 0 degrees is *bitter cold* with significant risk of *frostbite*
- -20 to -60 degrees is *extreme cold* and *frostbite* is likely
- -60 degrees is *frigid* and exposed *skin will freeze* in 1 minute

## Heat Index



- 80 degrees or below: considered *comfortable*
- 90 degrees: beginning to feel *uncomfortable*
- 100 degrees: *uncomfortable* and may be *hazardous*
- 110 degrees: considered *dangerous*

All temperatures are in degrees Fahrenheit Weather Guidelines for Children

