

Heat Guidelines

1. When temperatures are between 85° and 95°, the principal will evaluate weather conditions related to temperature such as shade structure, breeze factor, humidity and pollutants. A decision will be made must be made by the principal concerning a reduction in directed physical activities such as active recess. If there are no areas providing shade, these temperatures should result in curtailed activities. On all warm days teachers and staff should be encouraged to remind students to reduce running/exertion activities and allow any student who complains of overheating to go to the office for rest and observation. With direct sun, certain areas of a school site may increase heat exposure, such as blacktop or concrete areas. Caution should be taken to observe all students for signs of overexposure. EDP should have optional cool indoor areas available.

2. When temperatures are at 95° and above, the principal should eliminate activities such as running, jumping, and prolonged exposure to the sun. Activities should be adjusted to reduce strenuous exercises. P.E. classes should be held indoors. Lunch should be under shade structures or in a classroom/building, with limited time given for free outdoor play. EDP should be provided with a cool zone for indoor activities.

3. When temperatures reach 100° or over, all outside PE activities should be discontinued. EDP must be provided with a cool zone for indoor activities.

4. Students who are abnormally affected by high temperatures and humidity should be given special consideration, and require follow-up by the school health clerk. These students are identified by parents, health providers, teachers and outdoor activity staff.

5. Each site should develop activities which students may be involved in during critical temperature periods.

*Reason and good judgment must be used at each site to protect students and to indicate to parents and the community that the district continues to provide a safe environment for students. Schedule frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. **Heat stroke is an emergency - call 911***