

Heat Advisory Guidelines for Physical Education & Recess

Time spent outdoors is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. However, there are times when it is not safe for students to be outside. Please use the guidelines below as a guide for when school recess, other outdoor physical activity, or physical education classes should be modified.

Each school is to determine the criteria for such decisions and who will make the judgment call on a day-to-day basis. The decision making process may vary from grade to grade.

Conditions that should be considered in the determination:

- Temperature
- Humidity
- Heat index
- Age of Students
- Length of time outdoors
- Adequacy of clothing of the children
- Condition of the playground

Recess & Outdoor Physical Activity

1. When the temperature reaches 95 degrees or above, Principals should provide for an inside physical activity in an air-conditioned environment.
2. Teachers should provide students a water break before and after recess. Additionally, any student who shows signs of heat exhaustion or overheating, should be allowed a water break during the recess period.
3. Teachers should be aware of medical conditions such as asthma, diabetes, epilepsy (seizure), allergy, medications etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.

Cold Weather Guidelines for Physical Education & Recess

Time spent outdoors is an important part of the school day. It is difficult to set guidelines that fit every circumstance and condition in regards to outside activities during cold weather. Principals are advised to use their discretion and good judgment as to whether or not students will go outside, as well as the duration of the activity. Children should be exposed to fresh air and exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. However, there are times when it is not safe for students to be outside. Please use the guidelines below as a guide for when school recess or outdoor physical activity should be modified.

Each school is to determine the criteria for such decisions and who will make the judgment call on a day-to-day basis. The decision making process may vary from grade to grade.

Conditions that should be considered in the determination:

- Temperature
- Wind Chill
- Age of Students
- Length of time outdoors
- Adequacy of clothing of the children
- Condition of the playground

Recess & Outdoor Physical Activity

1. When properly clothed, elementary school-aged children can participate in safe, vigorous play in an outdoor environment in most weather conditions. Increased caution should be practiced when temperatures reach below 40 degrees including the *wind chill* factor.
2. When temperatures and wind chill factors fall below 35 degrees including the wind chill, students are kept indoors.
3. Each year students and parents should be informed of the school's cold weather guidelines, along with reminders about the necessity of wearing appropriate clothing for cold weather activities.
4. Temperature considerations and proper clothing:
 - Below 60 degrees jacket or long sleeves recommended
 - Below 50 degrees coat and long pants recommended
 - Below 40 degrees gloves and hats with previously recommended gear necessary
 - Below 35 degrees indoor recess or physical activity
5. Schools should honor reasonable parent requests that a student be allowed to stay indoors. Requests based on health reasons **must** be honored. Asthmatic children may need special accommodations. The parent and school must work together to determine a workable system for when the child should not participate in outdoor activities due to health.
6. If a student's medical condition requires further consideration due to weather conditions, or if you have other questions or concerns about how and when weather conditions affect your students, please call 901-202-0855 ext. 266.

Note: A wind Chill Temperature of -25 or colder can freeze exposed flesh.