



# 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

(See the following 2 pages)

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

## Weather Guidelines for Children

		Wind-Chill Factor Chart (in Fahrenheit)								
		Wind Speed in mph								
		5	10	15	20	25	30	35	40	
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43

- Comfortable for outdoor play
- Caution
- Danger

Heat Index Chart (in Fahrenheit %)										
Relative Humidity (Percent)										
	40	45	50	55	60	65	70	75	80	85
Air Temperature (F)	80	80	81	81	82	82	83	84	85	86
	84	83	84	85	86	88	89	90	92	94
	90	91	93	95	97	100	103	105	109	113
	94	97	100	103	106	110	114	119	124	129
	100	109	114	118	124	129	130			
	104	119	124	131	137					



### Heat Index

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

All temperatures are in degrees Fahrenheit Weather Guidelines for Children

## Weather Guidelines for Children

### Understand the Weather

**Watching** the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sun-screen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

Condition **GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

**INFANTS AND TODDLERS** are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

**YOUNG CHILDREN** remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

Condition **YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time. **INFANTS AND TODDLERS** use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play. **YOUNG CHILDREN** may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

Condition **RED** - most children should not play outdoors due to the health risk. **INFANTS/TODDLERS** should play indoors and have ample space for large motor play. **YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions. **OLDER CHILDREN** may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

The weather forecast may be confusing unless you know the meaning of the words.

**Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

**Winter Weather Advisory:** Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:**

Severe winter conditions, like heavy snow and ice are possible within the next day or two.