



Annunciation Catholic School Weather Advisory Guidelines for Physical Education, Lunches, & Recess

Hot Weather Advisory

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 special attention should be given to outside activities with regard to the weather. It is difficult to set guidelines that fit every circumstance and condition. Principals are advised to use their discretion and good judgement as to whether or not students will go outside, as well as, the duration of the outside activity.

Each school is to determine the criteria for such decisions and who will make the judgement 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
- Adequacy of clothing of students
- Humidity
- Age of Students
- Condition of facility
- Heat Index
- Length of time outdoors

Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy, allergies, medications, etc. which puts students at higher risk for heat illness. These conditions could be intensified if exercising in hot weather, however, there is no reason to limit student’s participation unless a known risk is obvious OR the parent has advised the school their child should not participate.

Category	Recommendation for Outdoor Instructional Activities, Including PE, Recess, Lunches and Special Events
<p>Under 95° F Heat Index</p> <p>“Green Flag”</p>	<p>If indoors with no AC: increase room ventilation (open windows/doors, use fans).</p> <p>If Outdoors: use strategies below as needed.</p>
<p>95° to 99° Heat Index</p> <p>“Yellow Flag”</p>	<p>Activity: decrease physical activity at recess & outside physical education classes; limit recess to cooler morning hours.</p> <p>Clothing: loose-fitting, light colored, lightweight clothing; encourage wide brimmed hats.</p> <p>Sunscreen: Sun protection Factor (SPF) 15 or higher.</p> <p>Access to water: encourage students to take a drink of water prior to and after physical education, recess, and Lunches</p>
<p>100° to 105° Heat Index</p> <p>“Red Flag”</p>	<p>All of the above.</p> <p>Move students/staff to cooler areas of campus, as often as necessary to avoid being in the above 90° Heat Index areas for longer than 90 minutes at a time.</p> <p>Consider rescheduling or delaying the event until safer conditions prevail.</p>
<p>Above 105° Heat Index</p> <p>“Black Flag”</p>	<p>All of the above and immediately move the students/staff to cooler areas of the building/facilities. If there are no suitable locations below the “White Flag” level, activities should be kept in the building in alternative spaces (i.e. cafeteria, multipurpose rooms, hallways, instructional rooms).</p>

*Heat Index temperature is NOT the same as regular thermometer temperature. For the current Heat Index, go to www.noaa.gov to enter your location. The Heat Index will be listed under Detailed Forecast, Current Conditions and/or Hourly Weather Graph, but only during excessively hot weather.

Heat Related Illnesses, Signs & Symptoms and Treatment

Heat Illness	Definition/Description	Signs/Symptoms	What to Do
Muscle (Heat) Cramps	Occurs during or after intense exercise. Student will experience acute, painful, involuntary muscle contractions typically in the arms, legs or abdomen.	<ul style="list-style-type: none"> • Dehydration • Thirst • Fatigue • Sweating • Muscle Cramps 	<ul style="list-style-type: none"> • Stop all activity and sit quietly in a cool place. • Drink water, clear juice or a sports drink. • Do not engage in exercise or strenuous activity for a few hours after cramps subside as this may lead to heat stroke. • Seek medical attention if heat cramps do not subside in 1 hour.
Heat Syncope	Occurs as a result of exposure to high temperatures. Typically occurs during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	<ul style="list-style-type: none"> • Dehydration • Fatigue • Fainting • Lightheadedness • Tunnel vision • Pale or sweaty skin • Decreased pulse rate 	<ul style="list-style-type: none"> • Lie down in a cool place. • Drink water, clear juice, or a sports drink. • Seek medical attention if symptoms do not improve.
Heat (Exercise) Exhaustion	The inability to continue exercising that is associated with heavy sweating, dehydration, energy depletion, and sodium loss. *Frequently occurs in hot, humid, conditions.	<ul style="list-style-type: none"> • Normal or elevated core temperature (97°-104°F) • Dehydration • Dizziness/Lightheadedness • Headache • Nausea/diarrhea • Weakness • Persistent muscle cramps • Profuse sweating • Chills • Cool, clammy skin 	<ul style="list-style-type: none"> • Seek medical attention immediately if symptoms are severe, the student has existing heart conditions or high blood pressure. • You may attempt to cool the student by using: cool beverages, rest, cool shower/bath/rags, moving to an air conditioned environment, and removing excess/layered clothing.
Heat Stroke	<p>Life-threatening unless promptly recognized and treated.</p> <p>Occurs as a result of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body shutting down when it is no longer able to regulate temperature naturally.</p>	<ul style="list-style-type: none"> • Same symptoms as Heat Exhaustion and: • High body-core temperature (>104°F) • Change in mood (e.g. apathy, irrational) • Hot and wet or dry skin • Increased heart rate • Confusion 	<ul style="list-style-type: none"> • If any symptoms are evident- CALL 911 or seek immediate medical assistance. • Move the student to a shady area. • Cool the student rapidly using whatever methods you can: immerse the student in cool water, place student in shower, spray student with cool water, fan the student. • Monitor body temperature and continue to cool the student until temp drops to 101°-102°F. • Continue until medical professionals arrive and take over, if medical attention is delayed; call emergency room for instructions.