

Leander ISD Health Services Hot Weather Guidelines



Fresh air and exercise are an important part of the school day. Time spent outdoors gives students the opportunity to engage in activities that allow them to relax from the structure of the classroom for a short period of time. It is difficult to set guidelines that fit every circumstance and condition in regard to outside activity during hot weather. Please consider the following guidelines regarding modifying school recess, other outdoor physical activity or physical education. The following links will provide weather guidelines for [Athletics](#) and [Fine Arts](#).

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.

Hot Weather Guidelines	
Heat Index	Recommended Precautions
Temperature below 80°F	No limitations with hydration as needed
Temperature 80-95°F	Less vigorous activity with rest periods--encourage hydration
Temperature 95-99°F	Reduced vigorous activity and increased light activity or rest. Enforce hydration. Observe for signs of Sunstroke, heat cramps and heat exhaustion.
Temperature 100-105°F	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.
Temperature above 105°F	STOP ALL OUTSIDE ACTIVITY/PLAY and inside activity if air conditioning is available indoors.

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)

During times of excessive heat, precautions will be taken for all outdoor physical activity.

- Students should be hydrated prior to outdoor activities and drinking water should be easily accessible.
- Plan outdoor activities earlier in the day when the temperature is cooler
- Encourage & allow students to carry a water bottle and encourage frequent water breaks.
- Staff members are to monitor students for heat sensitivities and send to campus nurse if concerned.
- Avoid strenuous play or activity.
- Encourage students to wear hats and sunscreen.
- Schools should honor reasonable parent requests based on health reasons that accompany a doctor note.
 - 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.
- Heat Index Temperature recommendations
 - Based on the attached US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.

Leander ISD Health Services Cold Weather Guidelines



Fresh air and exercise are an important part of the school day. Time spent outdoors gives students the opportunity to engage in activities that allow them to relax from the structure of the classroom for a short period of time. It is difficult to set guidelines that fit every circumstance and condition in regard to outside activity during cold weather. Please consider the following guidelines regarding modifying school recess, other outdoor physical activity or physical education.

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

Cold Weather Guidelines	
Temperature or Wind Chills (feels like)	Outdoor Play
Between 35 - 32 degrees Fahrenheit	15-20 minutes with appropriate clothing
Between 31 - 25 degrees Fahrenheit	10-15 minutes with appropriate clothing
Below 24 degrees Fahrenheit	Indoor Recess

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)


During times of peak cold periods, precautions will be taken for all outdoor physical activity.

- Check equipment and grounds for icy patches, including handrails.
- Plan outdoor time for the warmest part of the day on extremely cold days. Consider skipping morning recess but add in an afternoon one as the temperature warms up.
- Appropriate clothing
 - Have students dress in layers.
 - Request parents to send students in heavy coat for the morning with a windbreaker underneath.
 - During our peak cold periods you may want to suggest for parents to leave a pair of gloves and hat at school “just in case” they might be needed.
- If student does not have appropriate clothing to play outside safely an alternative indoor activity should be arranged.
- Staff members are to monitor students for cold sensitivities and send to campus nurse if concerned.
- Staff member are to encourage students to keep appropriate clothing on during outside play
- Principals may find that shortening outdoor recess time on really cold days is appropriate because of the extra time spent on putting on coats, hats, gloves to go outside.
- Schools should honor reasonable parent requests based on health reasons that accompany a doctor note.
 - 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.
- Wind Chill Temperature recommendations
 - Based on the attached US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.

Weather Guidelines for Children


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.

Understand the Weather

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.