

**HEALTH SERVICES GUIDELINES FOR HEAT ADVISORY/AIR QUALITY ISSUES AFFECTING OUTDOOR STUDENT ACTIVITIES**

**Heat Advisory Guidelines**

1. Outdoor student activities will be cancelled if a **HEAT ADVISORY** (*temperature/humidity index – THI – of 105° or more*) has been issued or for “red” or “purple” AIR POLLUTION WARNINGS. These advisories are broadcast on TV and radio weather reports, and are published on the district website. The principal will ensure the alerts, restrictions, and necessary precautions are stated in morning announcements. It is the district employee’s responsibility to check for an advisory BEFORE taking students for outside activity, as the advisory may change throughout the day.
2. Outdoor student activities will be modified for temperatures and/or THI of 100° – 104° and on “yellow” or “orange” air pollution days. This **modification\*** will include restrictions in exposure **duration** and in **intensity** of activity. Students should have access to water at all times and be monitored for signs and symptoms of heat syndrome or respiratory problems. Sun exposure is another safety consideration even at temperatures below 100°. Prevention precautions should be encouraged among all faculty/staff and students, including staying in shaded areas, wearing sunscreen (not provided by school), and hats/long sleeves. (\*Modified Activities - **Intensity** restrictions ... no running or high level play **Duration** restrictions...activities outdoors not to exceed 15 minutes)
3. Principals have the option to cancel or limit outdoor activities for any other situation they deem unsafe. Notify the superintendent’s office of those situations when that option is exercised.
4. For any inclement weather conditions that occur after school is in session, a decision regarding a change from regular dismissal times will be made by the Superintendent. Information to the campuses and to the public will be disseminated through all possible means, and campus principals will retain the responsibility for communicating to parents on their campuses the reasons for changes in dismissal time. More information on “Emergency School Closing” may be found in each campus student handbook.

**\*Certain students, faculty, and staff, because of already existing conditions (risk factors) may need even more precautions taken. Consult with the school clinic staff regarding individual concerns, and arrange for indoor recreation/activity sites for students who may not go outside (library, gym, etc.)**

**\*\*Secondary students who are being purposefully acclimatized to outside conditions for co-curricular activities/athletics will use separate guidelines from trainers, coaches and sponsors.**

***All students will be carefully monitored and student safety will be the highest priority for all decisions.***

## **Activity Guidelines For Air Pollution \*Warnings**

Remember that \***warnings** are issued when the actual risk is present (usually in late afternoon); **watches** are issued the day before, indicating the potential exists.  
\*\*Please note "exceptions for athletics."

**GREEN**. . . . . **No restrictions**

**YELLOW** . . . . . **Modify Activities for High-Risk Students**

Students who have risk factors for heat-related or pollution-related illnesses such as asthma will be restricted in duration and intensity of outside activity. Students exhibiting symptoms of respiratory or heat-related illness will remain inside. Principal will make arrangements for indoor activity/recreation sites for students who will not be going outside (library, gym, cafeteria).

**ORANGE** . . . . . **Cancel Outdoor Activities for High-Risk Students and Modify Activities for All Other Students**

Teachers/principal will arrange for high-risk students to have indoor activities during recess/PE. (Students actually having symptoms will be checked by the nurse.)

**RED** . . . . . **Cancel Outdoor Activities for All Students after 11:00 a.m.**

**PURPLE** . . . . . **Cancel Outdoor Activities for All Students during the school day**

### **Exceptions for Athletics/Co-curricular Activities**

**\*\*Secondary students who are being purposefully acclimatized to outside conditions for co-curricular activities/athletics will use separate guidelines from trainers, coaches, and sponsors. All students will be carefully monitored and student safety will be the highest priority for all decisions. The high school trainers are skilled in prevention, the assessment, and interventions for heat syndrome, and are excellent resources for information.**