TYLER ISD
HEALTH SERVICES

Hot Weather GUIDELINES for Elementary Schools and Secondary Physical Education Classes

Rational: Children do not adapt to extremes of temperature as effectively as adults for the following physiologic reasons (American Academy of Pediatrics, 2000):

- Higher surface area-to-body mass ratio than adults, allowing a greater amount of heat to transfer from the environment to the body.
- During physical activity, children produce more metabolic heat than adults.
- Sweating capacity is considerably lower in children than adults, reducing the ability to dissipate body heat by evaporation.

The purpose of these guidelines is to protect the health and safety of Tyler ISD students. It is not the intent that schools eliminate physical education or other outdoor programs. However, it is recommended that certain activities be limited or revised during those times when negative health or safety consequences are most likely to occur.

Guidelines for HOT Weather:
During times of excessive heat, the following precautions will be taken for all outdoor physical activity including, but not limited to: recess, physical education classes, and/or outdoor field trips.

- Students should be hydrated prior to outdoor activities and drinking water should be readily accessible.
- During extended periods of outdoor activity (>30-35 minutes) periodic drinking shall be enforced. Under no circumstances will access to drinking water be used as a punishment or motivation.
- Students should not have recess or physical education classes outdoors when the temperature or heat index exceeds 100 degrees. A campus administrator or designee will email or announce an activity advisory to all applicable staff.
- Teachers are advised to use caution on other days when the temperature or heat index approaches 90 degrees. Limiting outdoor recess to no more than 15 minutes and ensuring that students have access to adequate water prior to and/or after outside play is essential.

The Heat Index is the “feels like” or effective temperature. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation of perspiration. As the index rises, so do the health risks.

On school days when the temperature exceeds 95 degrees F, a campus administrator or designee will assess the anticipated Heat Index for the day and communicate the activity advisory to all applicable staff. See Heat Index Guidelines below.

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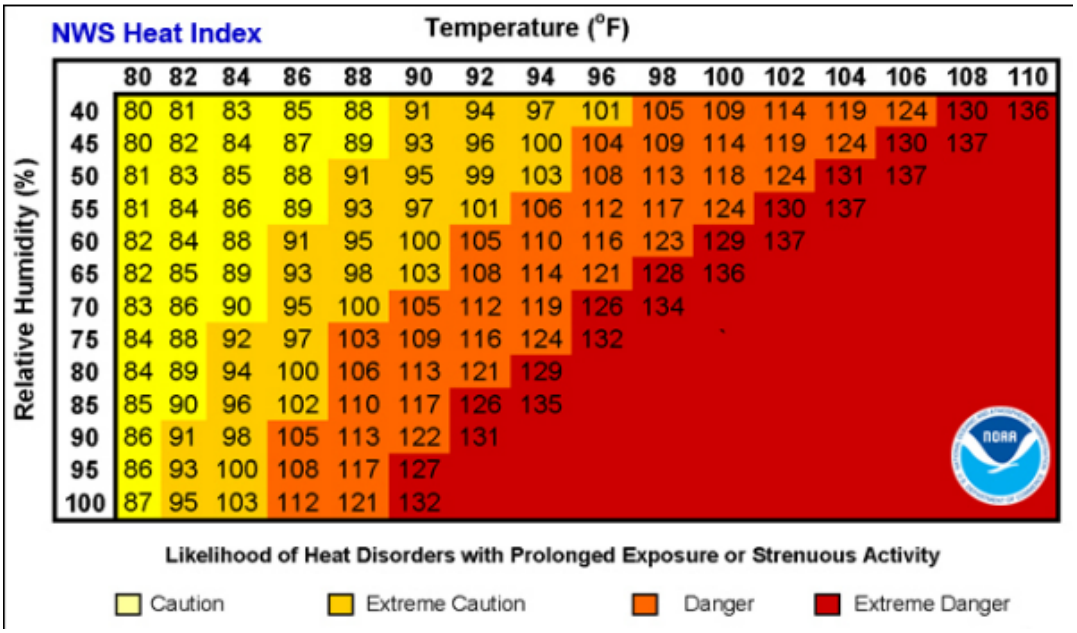

Temperature and humidity data may be obtained from http://www.weather.com .

Important: Since Heat Index values were devised for shady, light wind conditions, exposure to full sunshine can increase Heat Index values by up to 15 degree F. Especially on sunny days, the category should be increased when the Heat Index is borderline.

Heat Index	Category	Activity Limitations
<80		No Limitations
80-89	CAUTION	75% vigorous activity/25% light activity or rest. Encourage hydration
90-104	EXTREME CAUTION	50% vigorous activity/50% light activity or rest. Enforce hydration. Sunstroke, heat cramps, and heat exhaustion possible.
105-129	DANGER	25% vigorous activity/785% light activity or rest. Sunstroke, heat cramps, and heat exhaustion likely. Heat stroke possible. Enforce hydration.
130+	EXTREME DANGER	All non-essential outdoor activities should be cancelled.

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Cold Weather GUIDELINES for Elementary Schools

Purpose: The purpose of these guidelines is to protect the health and safety of Tyler ISD students. It is not the intent that schools eliminate physical education or other outdoor programs. However, it is recommended that certain activities be limited or revised during those times when negative health or safety consequences are most likely to occur.

Guidelines for COLD Weather:

- Students should not play outside when the temperature or wind chill drops below 36 degrees.
- "Wind Chill" is the apparent air temperature felt on exposed skin due to air.
- On days when the temperature is unseasonably cold, outside time should be restricted to no more than 15 minutes.
- Students who are inappropriately dressed for the colder weather should remain indoors under supervision.
- Students are not allowed outside when there is evidence of lightening in the immediate area.