Humble ISD Elementary School

Hot Weather Guidelines Chart

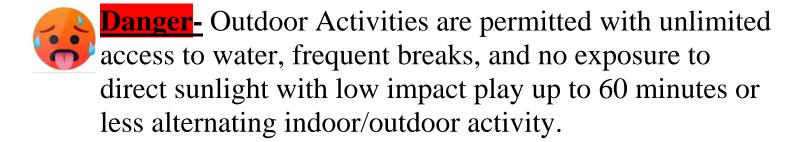
Humble ISD Hot Weather Guidelines								
Restrictions Temperature Heat Index								
NORMAL	93	<101						
CAUTION	94-98	102-106						
DANGER	>99	>107						



Normal- No limitations, children may play outdoors with unlimited access to water and shade.



<u>Caution</u>- Unlimited access to water and more frequent breaks with less exposure to direct sunlight, students need to limit outside play to 30 minutes or less.



Outdoor Activities include but are not limited to: PE, Recess, Field Trips, Field Day, etc.

Check temperatures by using Accuweather App or Accuweather.com looking at the RealFeel® reading. The AccuWeather RealFeel® uses multiple factors including the temperature, humidity, cloud cover, sun intensity, and wind to explain how hot it feels outside.

<u>Campus safety liaison will monitor weather and work with</u> <u>building principal to follow hot weather guidelines</u>

Humble ISD Middle School

Hot Weather Guidelines Chart

Humble ISD Hot Weather Guidelines: Outdoor Activities							
Restrictions	Temperature	Heat Index					
Normal	99	<105					
Caution	100-102	106-112					
Caution With Restrictions	103-105	113-119					
Danger	106	>120					

Humble ISD Hot Weather Guidelines: Athletic Competitions								
Restrictions	Temperature	Heat Index						
No Restrictions	<105	<106						
Activity Canceled	>106	>120						

NORMAL

AT A DRY BULB TEMPERATURE OF 99* OR LESS OR A HEAT INDEX OF 105 OR LESS:

Normal practice conditions with usual breaks, unlimited access to water. (Usual observations & precautions)

CAUTION

AT A DRY BULB TEMPERATURE OF 100* - 102* OR A HEAT INDEX OF 106 - 112:

Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.

CAUTION WITH RESTRICTIONS

AT A DRY BULB TEMPERATURE OF 103* - 105* OR A HEAT INDEX OF 113 - 119:

Student may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours. (FB-Helmets only)

DANGER

AT A DRY BULB TEMPERATURE OF 106* OR GREATER ALL OUTDOOR ACTIVITIES ARE SUSPENDED.

(practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)

<u>During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.</u>

Coaches should talk with their athletic trainers if available or check temperatures by using Accuweather App or Accuweather.com looking at the RealFeel® reading. The AccuWeather RealFeel® uses multiple factors including the temperature, humidity, cloud cover, sun intensity, and wind to explain how hot it feels outside.

Humble ISD High School

Hot Weather Guidelines Chart

Humble ISD Hot Weather Guidelines: Outdoor Activities							
Restrictions	Temperature	Heat Index					
Normal	99	<105					
Caution	100-102	106-112					
Caution With Restrictions	103-105	113-119					
Danger	>106	>120					

Humble ISD Hot Weather Guidelines: Athletic Competitions							
Restrictions	Temperature	Heat Index					
No Restrictions	<105	<106					
Activity Canceled	>106	>120					

NORMAL

AT A DRY BULB TEMPERATURE OF 99* OR LESS WITH A HEAT INDEX OF 105 OR LESS

Normal practice conditions with usual breaks, unlimited access to water. (Usual observations & precautions)

CAUTION

AT A DRY BULB TEMPERATURE OF 100* - 102* OR A HEAT INDEX OF 106 - 112:

Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.

CAUTION WITH RESTRICTIONS

AT A DRY BULB TEMPERATURE OF 103* - 105* OR A HEAT INDEX OF 112 – 118:

<u>-VARSITY Programs</u> may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours.

<u>-SUB-VARSITY Programs</u> may practice 30 minutes outside with remainder of practice inside. Total practice time (indoor and outdoor inclusive) will not exceed two hours.

DANGER

AT A DRY BULB TEMPERATURE OF 106* OR GREATER ALL OUTDOOR PRACTICE IS SUSPENDED. (practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)

<u>During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.</u>

Activity leaders should talk with their athletic trainers to determine any modifications to outdoor activities or athletic competitions

HUMBLE ISD EXTREME HEAT GUIDELINES

NORMA

AT A DRY BULB TEMPERATURE READING OF 99* OR LESS WITH A HEAT INDEX OF 105 OR LESS:

(Usual observations & precautions) Normal practice conditions with usual breaks, unlimited access to water.

CAUTIO

AT A DRY BULB TEMPERATURE READING OF 100* - 102* OR A HEAT INDEX OF 106 - 112:

Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.

CAUTION WITH RESTRICTION

AT A DRY BULB TEMPERATURE READING OF 103* - 105* OR A HEAT INDEX OF 112 - 118;

VARSITY PROGRAMS may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours.

SUB-VARSITY PROGRAMS may practice 30 minutes outside with remainder of practice inside. Total practice time (indoor and outdoor inclusive) will not exceed two hours.

DANGE

AT A DRY BULB TEMPERATURE READING OF 106° OR GREATER ALL OUTDOOR PRACTICE IS SUSPENDED.

(Practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)

During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.

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