

Sun, Heat and Cold Temperatures Guidelines

The extreme heat and cold in our region is a concern to the health and safety of our students and staff members. The following temperature guidelines have been established in order to provide a safe and healthy environment for students participating in outdoor activities at Austin ISD. The listed temperatures, heat indexes, and wind-chill factors are designated figures for terminating and/or modifying outdoor activities including: Athletics, Fine Arts, PE, and recess. Exposure duration and frequency of breaks should be modified as the temperatures approach the listed recommendations.

HEAT - http://archive.austinisd.org/schools/docs/Health_Heat_Index_Chart.pdf

- Reduce the intensity and duration of strenuous physical activity initially and gradually increase to accomplish acclimatization.
- Fully hydrate students prior to strenuous physical activity.
- Provide cool water and schedule frequent rest periods.
- Plan strenuous outdoor activities for early morning.
- Be aware of chronic health issues and medications of students so that heightened surveillance of students with special needs occurs.
- Students with certain conditions are at a greater risk of heat stress. Included (but not limited to): cystic fibrosis, asthma, vomiting, diarrhea, fever, obesity, diabetes, chronic heart failure, caloric malnutrition, anorexia nervosa, sweating insufficiency syndrome.
- Check to see if a student's medication has specific precautions regarding heat, sunlight, etc.
- Use a "buddy system" where students are educated regarding symptoms and monitor each other.
- Implement extra precautions when practicing on concrete or asphalt.
- Reduce the intensity of activities lasting 30 minutes or more whenever relative humidity and air temperature result in a heat index at or higher than 90 degrees.

Hot Weather Guidelines

Weather	Athletics		Fine Arts (Band)	PE/Recess
Temperature 100°F and/ or Heat Index 110°F	Maximum 2 hour practice with a 5 min water break every 30 min	Football: remove helmets and shoulder pads when possible	Maximum 2 hour practice with a 5 min water break every 30 min	60 minutes of exposure with one 5 min water break
Temperature 105°F and/ or Heat Index 115°F	Maximum 1.5 hour practice with a 5 min water break every 20 min Middle School: 45 minutes of exposure with a 5 min water break every 15 min	Football: Shell only and remove helmets and shoulder pads when possible. Cross Country: Runners must be in site of coach at all times. Middle School: No equipment	Maximum 1.5 hour practice with a 5 min water break every 20 min	45 minutes of exposure with a 5 min water break every 15 min
Temperature 110°F and or heat Index 120°F	No Outside Activity			

COLD - http://www.nws.noaa.gov/om/cold/wind_chill.shtml

When properly clothed, elementary school-aged children can participate in safe, vigorous play in an outdoor environment in most weather conditions. Increased caution should be practiced when the wind chill factor reaches below 40. Wind chill is the temperature a body feels because of wind. When the wind chill falls below 30 degrees, students should be kept indoors. Asthmatic children may need special accommodation of their need during cold weather. The parent and school must work to determine when the child should not participate in outdoor activities due to health. Temperature considerations and proper clothing are as follows:

- Below 60 degrees: jacket or long sleeves recommended
- Below 50 degrees: coat and long pants recommended
- Below 40 degrees: gloves and hats with previously recommended gear necessary
- Below 30 degrees and cooler, indoor physical activities are recommended - - -

Cold Weather Guidelines

*If precipitation occurs in cold weather, reduce exposure time by 20 minutes***

Weather	Athletics (Practices)	Fine Arts	PE/Recess
Wind Chill 35° to 38° without precipitation	90 minutes of total exposure. Extremities must be covered.	90 minutes of total exposure. Extremities must be covered.	45 minutes of exposure with a 15 min indoor break at the 25 min mark. Extremities must be fully covered.
Wind Chill 31° to 34° without precipitation	70 minutes of total exposure. Extremities must be covered.	70 minutes of total exposure. Extremities must be covered.	30 minutes of exposure. Extremities must be fully covered and jackets/coats are required
Wind Chill 25° to 30° without precipitation	60 minutes of total exposure. Extremities must be covered.	60 minutes of total exposure. Extremities must be covered.	No Outside Activity
Wind Chill under 25°	No Outside Activity/Practices		

*******Cancellation of athletic contests/games is at the discretion of the superintendent's office*******

Schools should honor reasonable parent requests that a student be allowed to stay indoors. Requests based on health reasons must be honored. The parent and school must work to determine when the child should be excluded from outdoor activities due to health concerns.