

Temperature Advisory Guidelines for Physical Education & Recess

Time spent outdoors is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. However, there are times when it is not safe for students to be outside. Please use the guidelines below as a guide for when school recess, other outdoor physical activity, or physical education classes should be modified. It is very important to remember that children seldom complain when overheated and most children rarely self regulate based on their body temperature.

Each school is to determine the criteria for such decisions and who will make the judgment call on a day-to-day basis. The decision making process may vary from grade to grade. Conditions that should be considered in the determination:

Temperature	Humidity	Age of Students	Length of Time Outdoors
Adequacy of clothing of the children		Condition of the playgrounds (available shade & water)	

Heat index (temperature + humidity taken together)

Heat index may be found at this web address: http://www.aws.com/single_site.asp?id=BADRA

Wind chill (temperature + speed of wind together)

Wind chill may be found at this web address: <http://weather.weatherbug.com/TX/Bandera-weather.html?zcode=z5545&units=0>

Recess & Outdoor Physical Activity

1. When the ***heat index reaches 95 degrees or above***, principals should reconsider outside student recess and provide for an inside physical activity in an air-conditioned environment.
2. Teachers should provide students a water break before and after recess. Additionally, any student who shows signs of heat exhaustion or overheating, should be allowed a water break during the recess period.
3. Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy (seizure), allergy, medications, etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.
4. When the ***wind chill drops below 40° F***, outdoor recess should be eliminated.
5. Teachers and recess supervisors should be aware of students who are not dressed warmly in cold weather at recess and take appropriate action.

Physical Education Classes

1. Physical Education Classes in un-air conditioned gymnasiums should be monitored to prevent heat related injury.
2. ***When the heat index reaches 90 degrees in un-air conditioned gymnasiums***, physical activities and instruction should be modified in duration and frequent water breaks should be provided to avoid dehydration and heat exhaustion.
3. ***When the heat index is in the mid to upper 90's, in un-air conditioned gymnasiums***, then physical education classes should be moved to an air-conditioned area in the school and alternative physical education activities be conducted.

4. Students should be provided frequent water breaks when moderate to vigorous physical activity is taking place in the gym during any time of the year to prevent over-exertion and dehydration.
5. Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy (seizure), allergy, medications, etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.
6. Physical education teachers should monitor the outdoor temperature in cold weather and plan indoor activities when the wind chill falls below 40° F.