

Irving Independent School District Weather Guidelines

Part of daily routine in schools is to monitor the weather in order to plan for student's playtime, field trips and educational activities. The guidelines discussed below are based on the National Weather Service and will provide information to teachers and staff as they plan for educational and recreational activities throughout the school day.

Teachers are encouraged to use apps and/or check websites for current weather conditions when making decisions regarding outdoor physical activity time for students.

HEAT GUIDELINES

Heat Index Chart (in Fahrenheit %)
Relative Humidity (Percent)

| Air Temperature (F) | Relative Humidity (Percent) | | | | | | | | | | | | |
|---------------------|-----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | 95-99 | 100 |
| 80-83 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |
| 84-89 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| 90-93 | 91 | 93 | 95 | 97 | 100 | 103 | 105 | 109 | 113 | 117 | 122 | 127 | 132 |
| 94-99 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | | | |
| 100-103 | 109 | 114 | 118 | 124 | 129 | 130 | | | | | | | |
| 104 | 119 | 124 | 131 | 137 | | | | | | | | | |



Comfortable outdoor play
>20 min



Caution outdoor play
20 min or less



Danger
No outdoor play

- Keep in mind that temperature and humidity combined determines the possible risk of heat related injury for students.
- When in the yellow zone, start with low level activity and increase as tolerated for 20 minutes or less.
- Students should drink plenty of water before, during and after exercise.
- Students should be allowed to take frequent water breaks and rest as needed.

Regardless of the temperature, if a parent requests that his/her child not participate in physical activity due to the heat, the request is to be granted.

HEAT RELATED INJURY INFORMATION

| Heat Exhaustion | Heat Stroke |
|--|--|
| <p>Symptoms:</p> <ul style="list-style-type: none"> • Normal body temperature • Pale and clammy skin, profuse perspiration • Rapid and weak pulse • Tiredness, weakness, headache, nausea | <p>Symptoms:</p> <ul style="list-style-type: none"> • High temperature • Hot, flushed, dry skin • Rapid and strong pulse • May be unconscious |
| <p>Steps to Follow:</p> <ol style="list-style-type: none"> 1. Have person lay down in a cool, quiet place. 2. Loosen clothing. Remove if tight or heavy. 3. Call school nurse. 4. Apply cool, wet cloths or sponge w/ cool water. 5. Give sips of cold water. 6. Notify parent. 7. Call EMS (911) if condition worsens or person shows signs of shock. | <p>Steps to Follow:</p> <ol style="list-style-type: none"> 1. Call school nurse/EMS (911) 2. Place in a cool, quiet place. 3. Remove outer clothing. 4. Apply cold, wet cloths or sponge w/ cold water. 5. Take temperature. 6. If conscious, give sips of cold water. 7. Notify parent. |

OZONE GUIDELINES

The Air Quality Index, or AQI, is a scale used to report actual levels of ozone and other common pollutants in the air. The higher the AQI value, the greater the health concerns. Shown below are the recommended guidelines set for each ozone level by the National Environmental Protection Agency concerning outdoor activity. Each teacher, coach, band director or other employee taking children out of the building is responsible for checking current ozone levels and will be responsible for abiding by IISD guidelines. See below for resources to obtain this information.

The following precautions should be observed on all campuses:

| Air Quality Index (AQI) Values | Levels of Health Concern | Colors |
|---------------------------------------|---------------------------------------|--|
| <i>When the AQI is in this range:</i> | <i>..air quality conditions are:</i> | <i>...as symbolized by this color:</i> |
| 0-50 | Good | Green |
| 51-100 | Moderate | Yellow |
| 101-150 | Unhealthy for Sensitive Groups | Orange |
| 151 to 200 | Unhealthy | Red |
| 201 to 300 | Very Unhealthy | Purple |
| 301 to 500 | Hazardous | Maroon |

Index Values / Descriptors / Cautionary Statements for Ozone



All students may participate in outdoor activity.



All students may participate in outdoor activity; however, students with known or suspected sensitivities should be limited to 20 minutes or less of outdoor recess/physical education.



Limit outdoor activity to low levels for no more than 20 minutes for all students.



All students should be kept indoors.

LIGHTNING GUIDELINES




All students should be moved inside at the sound of thunder or the sighting of a lightning strike. All students should be kept inside 30 minutes after the last sound of thunder and/or lightning strike. If thunder is heard or lightning is seen during those 30 minutes, the clock starts over. There must be 30 minutes of continuous absence of thunder and/or lightning before students are allowed back outside.

COLD WEATHER GUIDELINES

A suggested temperature for allowing students to go outside for recess and/or physical education is 40 degrees or above. However, good judgment should be used if there is a wind chill factor.

Wind-Chill Factor Chart (in Fahrenheit)

| Air Temperature (F) | Wind Speed in mph | | | | | | | | |
|---------------------|-------------------|-----|-------|-------|-------|-------|-------|-------|-----|
| | 0-4 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | >40 |
| >40 | 40 | 36 | 34 | 32 | 30 | 29 | 28 | 28 | 27 |
| 30-39 | 30 | 25 | 21 | 19 | 17 | 16 | 15 | 14 | 13 |
| 20-29 | 20 | 13 | 9 | 6 | 4 | 3 | 1 | 0 | -1 |
| 10-19 | 10 | 1 | -4 | -7 | -9 | -11 | -12 | -14 | -15 |

| | | | | | |
|--|-------------------------------------|--|--|--|---------------------------|
|  | Comfortable outdoor play >20 min |  | Caution outdoor play 20 min or less |  | Danger No outdoor play |
|--|-------------------------------------|--|--|--|---------------------------|

- Keep in mind that air temperature and wind speed combined will determine the length of outdoor play during cold conditions.
- Students should be dressed properly.

Resources regarding current weather/ozone conditions:

Mobile devices/apps: *DFW Weather* – provides current temperature, humidity and radar
AIRNow – provides current ozone levels for your zip code

Websites: http://www.tceq.state.tx.us/cgi-bin/compliance/monops/select_curlev.pl - provides numeric value of current ozone levels on a Texas map to correlate with chart above
www.nbc5i.com
www.wfaa.com/weather

References:

- National Weather Service Guidelines for Children
- Iowa Department of Public Health
- Healthy Childcare Iowa
- Centers For Disease Control (CDC), Atlanta, Georgia

RECOMMENDED PHYSICAL ACTIVITY FOR YOUNG PEOPLE

Increased awareness of the health benefits of physical activity has led to increased recognition of the need for initiatives to reduce sedentary lifestyles (1–3,5–8,116–127). The International Consensus Conference on Physical Activity Guidelines for Adolescents recommends that “all adolescents...be physically active daily, or nearly every day, as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise, in the context of family, school, and community activities” and that “adolescents engage in three or more sessions per week of activities that last 20 minutes or more at a time and that require moderate to vigorous levels of exertion.

Sallis JF, Patrick K. Physical activity guidelines for adolescents: consensus statement. *Pediatric Exercise Sci* 1994;6:302–14.

Approved by the Irving Independent School District School Health Advisory Council (SHAC)
March 26th, 2015

NOTE: Contact athletic department regarding weather guidelines related to athletic activities and events.