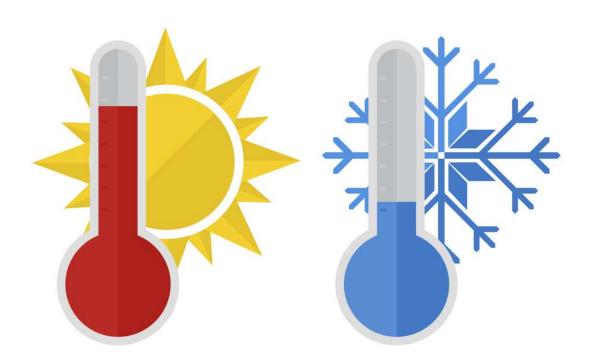
# **Weather Conditions Guidelines**

Heat Index and Wind Chill Reference Charts are provided by the National Oceanic and Atmospheric Administration. The standards contained in these charts are used by the National Weather Service to issue public health warnings during extreme weather conditions to prevent injury and death.

The following Weather Conditions Guidelines are to be followed by the school district staff to prevent injury or death of staff and students during extreme heat and cold weather conditions.



### **NOAA's National Weather Service**

## **Heat Index**

## Temperature (°F)

		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
ity (%)	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
idi	60	82	84	88	91	95	100	105	110	116	123	129	137				
Humidity	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
Ne	75	84	88	92	97	103	109	116	124	132		•					
Relative	80	84	89	94	100	106	113	121	129								
Re	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
	95	86	93	100	108	117	127										
	100	87	95	103	112	121	132			T			T		T		

#### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution	Extreme Caution	Danger	Extreme Danger
	Apparent Temperature Heat St	ress Index	
<u>Category</u>	Apparent Temperature	<u>e</u>	<u>Dangers</u>
Extreme Danger	Greater than 130°		Heat stroke imminent
Danger	105°-130°		Heat exhaustion likely
Extreme Caution	90°-105°	ŀ	Heat cramps, exhaustion possible
Caution	80°-90°	E	exercise more fatiguing than usual

### **HEAT EXPOSURE**

- 1. All staff and coaches supervising students will keep aware of daily temperature/humidity levels when heat conditions are <u>85°F or greater</u> and temperature/wind speed cold conditions are <u>10°F or less</u> and wind speed is <u>10 MPH or greater</u>.
- 2. All staff and coaches supervising students will modify physical activities when the Heat Index fall with the Extreme Caution (90°F-105°F) range. All participants will complete an acclimation period to build up tolerance to the heat. Fluid intake must be encouraged to prevent dehydration. Activity levels should be varied to allow for sufficient period of rest. All participants should be monitored carefully to identify individuals with early symptoms of heat illness. Individual differences must be taken into consideration. All participants with symptoms of heat illness must be seen by Athletic Trainer.
- 3. All staff and coaches supervising students will discontinue physical activities when the heat index falls within the **Danger (105°F-130°F)** range.
- 4. All staff and coaches supervising students should prepare a backup activity to replace a planned or scheduled activity in the event an activity is cancelled.



									Tem	pera	ture	(°F)							
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
4	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
(Hum)	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
7	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
Wind	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
	Frostbite Times								) minut	tes	10	0 minut	es	5 m	inutes				
Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V <sup>0.16</sup> ) + 0.4275T(V <sup>0.16</sup> )  Where, T= Air Temperature (°F) V= Wind Speed (mph)  Effective 11												1/01/01							

## **COLD EXPOSURE**

- 1. All staff and coaches supervising **Elementary Students** will discontinue physical activities in the outdoors when the temperature is **0°F** or less and when the wind chill is -5°F or below.
- 2. All staff and coaches supervising Middle and High School Students will discontinue physical activities in the outdoors when the wind chill temperature is -25°F or less.
- 3. All staff and coaches supervising students should prepare a backup activity to replace a planned or scheduled activity in the event an activity is cancelled.