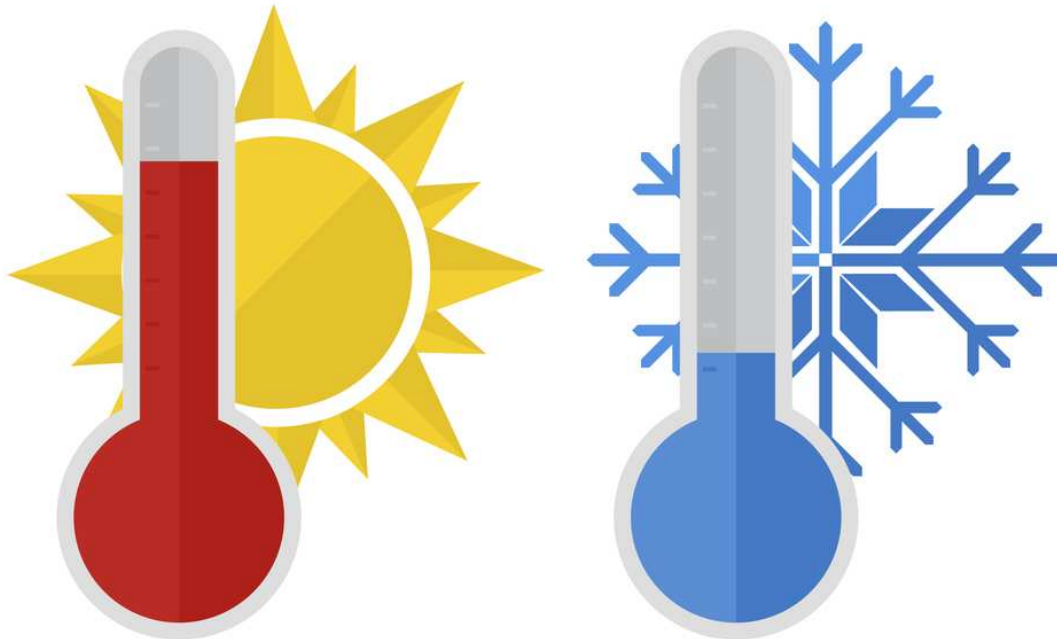


Weather Conditions Guidelines

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	
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			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
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										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Apparent Temperature Heat Stress Index

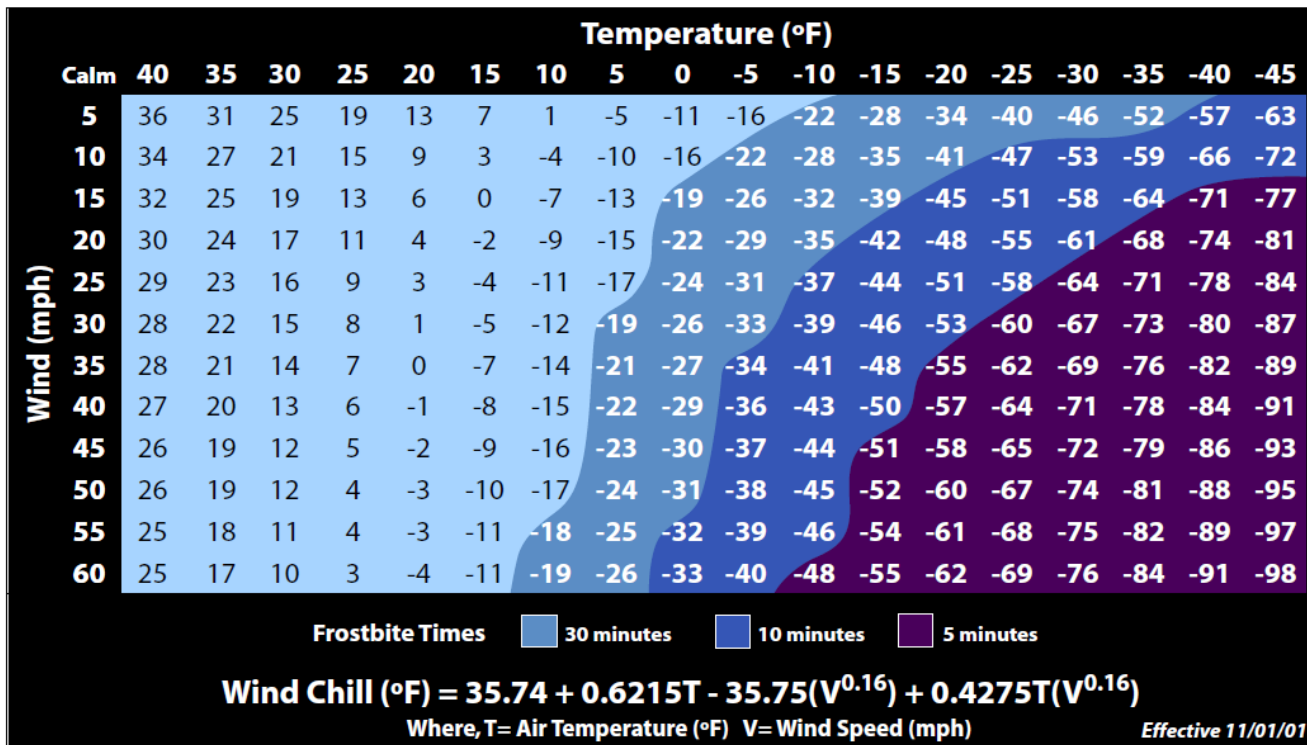
Category	Apparent Temperature	Dangers
Extreme Danger	Greater than 130°	Heat stroke imminent
Danger	105°-130°	Heat exhaustion likely
Extreme Caution	90°-105°	Heat cramps, exhaustion possible
Caution	80°-90°	Exercise more fatiguing than usual

HEAT EXPOSURE

1. All staff and coaches supervising students will keep aware of daily temperature/humidity levels when heat conditions are **85°F or greater** and temperature/wind speed cold conditions are **10°F or less** and wind speed is **10 MPH or greater**.
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.



Wind Chill Chart



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.