

OUTDOOR RECESS AND ACTIVITIES

PURPOSE: Changes in weather require schools to monitor weather conditions for the safety and well-being of students being outdoors during recess, athletic practices, and other outside activities.

SCOPE AND APPLICABILITY: The following protocol should be used when determining if students should be allowed outside.

EXTREME WEATHER PROCEDURE:

1. The Child Care Weather Watch chart will be referenced when decisions are made before students go outdoors for extreme weather conditions.
2. The principal/designee will make the determination to allow students outside.
3. Students are able to go out whenever the weather conditions fall in the “green” zone.
4. Students are **NOT** able to go out whenever the weather conditions fall in the “red zone.”
5. Students **may** go outside when the weather conditions fall in the “yellow” zone. This decision will be made by the principal, or designee, based on the needs of the students. Students will be monitored closely for signs of being too hot or cold. The length of the outdoor time may be shortened based on the needs of the student.

AIR QUALITY

1. When air quality becomes compromised, administration will defer to guidance and recommendations from the Office of School Safety & Security (please see grid on last page). An air quality number for your current date can be obtained by asking Siri or on this website: <http://www.deq.idaho.gov/air-quality/monitoring/daily-reports-and-forecasts/>
2. The principal/designee will make the determination to allow students outside.
3. Students are NOT able to go out when the air quality is in the unhealthy zone (151-200), the very unhealthy zone (201-300) and the hazardous zone (301-500).
4. Students with compromised respiratory systems should not go out when the air quality is in the USG (101-150) orange zone.
5. Students may go outside when air quality is in the moderate and good zones (51-0).

Understand the Weather



Wind-Chill

- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

| Wind-Chill Factor Chart (in Fahrenheit) | | | | | | | | | | |
|---|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Wind Speed in mph | | | | | | | | | | |
| Air Temperature | Calm | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | |
| | 40 | 40 | 36 | 34 | 32 | 30 | 29 | 28 | 28 | 27 |
| | 30 | 30 | 25 | 21 | 19 | 17 | 16 | 15 | 14 | 13 |
| | 20 | 20 | 13 | 9 | 6 | 4 | 3 | 1 | 0 | -1 |
| | 10 | 10 | 1 | -4 | -7 | -9 | -11 | -12 | -14 | -15 |
| | 0 | 0 | -11 | -16 | -19 | -22 | -24 | -26 | -27 | -29 |
| -10 | -10 | -22 | -28 | -32 | -35 | -37 | -39 | -41 | -43 | |



Comfortable for out door play



Caution




Danger

| Heat Index Chart (in Fahrenheit %) | | | | | | | | | | | | | | |
|------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Relative Humidity (Percent) | | | | | | | | | | | | | | |
| Air Temperature (F) | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | |
| | 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 84 | 84 | 85 | 86 | 86 | 87 |
| | 84 | 83 | 84 | 85 | 86 | 88 | 89 | 90 | 92 | 94 | 96 | 98 | 100 | 103 |
| | 90 | 91 | 93 | 95 | 97 | 100 | 103 | 105 | 109 | 113 | 117 | 122 | 127 | 132 |
| | 94 | 97 | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 | | | |
| | 100 | 109 | 114 | 118 | 124 | 129 | 130 | | | | | | | |
| 104 | 119 | 124 | 131 | 137 | | | | | | | | | | |

Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.


 Condition **GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold.

Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen.

OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.


 Condition **YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime.

Child care providers need to structure the length of time for outdoor play for the young child.

OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

 Condition **RED** - most children should not play outdoors due to the health risk.

INFANTS/TODDLERS should play indoors and have ample space for large motor play.

YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.

OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Activity Guidelines for Wildfire Smoke Events

| Activity | GOOD (10+ miles visibility) | MODERATE (6 - 10 miles visibility) | UNHEALTHY FOR Sensitive Groups * (3 - 6 miles visibility) | UNHEALTHY (1.5 - 3 miles visibility) |
|---|--|---|---|--|
| Recess (15 minutes) | No restrictions | No restrictions | Keep children with asthma or other respiratory problems indoors. Make indoor space available for all children. | Keep all children indoors. |
| P.E. (1 hour) | No restrictions | Monitor kids with asthma or other respiratory problems and limit their vigorous activities. | Keep children with asthma or other respiratory problems indoors. Make indoor space available for all children. If outdoors, limit vigorous activities. Individuals with asthma or other respiratory illness should be medically managing their condition. | Conduct P.E. indoors. If outdoors, only allow light activities for all participants. Individuals with asthma or other respiratory illness should be medically managing their condition. |
| Scheduled Sporting Events | No restrictions | Monitor kids with asthma or other respiratory problems and limit their vigorous activities. | Individuals with asthma or other respiratory illness should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing rates. | Consider rescheduling or relocating event. |
| Athletic Practice, Training & Games (2-4 hours) | No restrictions | Monitor kids with asthma or other respiratory problems and limit their vigorous activities. | Individuals with asthma or other respiratory illness should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing rates. | Conduct practice and games indoors. If outdoors, allow only light activities for all participants. Add rest breaks or substitutions to lower breathing rates. Individuals with asthma or other respiratory illness should be medically managing their condition. |
| Examples of light activities: | Examples of moderate activities: | | Examples of vigorous activities: | |
| <ul style="list-style-type: none"> • Walking slowly on level ground • Carrying school books • Hanging out with friends | <ul style="list-style-type: none"> • Skateboarding • Slow pitch softball • Shooting basketballs | | <ul style="list-style-type: none"> • Running, jogging • Playing football, soccer, and basketball | |

* If your child has lung or heart problems he or she may be more sensitive to air pollution and it is recommended that you talk with a doctor about his or her condition.

How to estimate air quality based on visibility for areas without an air quality monitor or airport visibility estimate:

1. Face away from the sun.
2. Determine the limit of your visible range by looking for targets at known distances (miles).
3. Visible range is when an object you can easily see in the distance disappears.
4. Use the visibility values above to determine the local wildfire smoke category.