School District of Manatee County Weather Advisory Guidelines for Physical Education & Recess

Hot Weather Advisory

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 special attention should be given to outside activities with regard to the weather. It is difficult to set guidelines that fit every circumstance and condition. Principals are advised to use their discretion and good judgement as to whether or not students will go outside, as well as, the duration of the outside activity.

Each school is to determine the criteria for such decisions and who will make the judgement 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
- Heat Index
- Wind chill
- Age of Students
- Length of time outdoors
- Adequacy of clothing of students
- Condition of facility

Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy, allergies, medications, etc. which puts students at higher risk for heat illness. These conditions could be intensified if exercising in hot weather, however, there is no reason to limit student's participation unless a known risk is obvious OR the parent has advised the school their child should not participate.

Category	Recommendation for Outdoor Instructional Activities, Including PE, Recess, TDPE and Special Events
Under 95° F Heat Index **"Green Flag"**	If indoors with no AC: increase room ventilation (open windows/doors, use fans). If Outdoors: use strategies below as needed.
95° to 99° Heat Index **"Yellow Flag"**	Activity: decrease physical activity at recess and in physical education classes; and limit recess to cooler morning hours. Clothing: loose-fitting, light colored, lightweight clothing; encourage wide brimmed hats. Sunscreen: Sun protection Factor (SPF) 15 or higher. Access to water: encourage students to take a drink of water prior to and after physical education, recess, and TDPE. If permissible, students can bring water bottles to activity space.
100° to 105° Heat Index **"Red Flag"**	All of the above. Move students/staff to cooler areas of campus, as often as necessary to avoid being in the above 90° Heat Index areas for longer than 90 minutes at a time. Consider rescheduling or delaying the event until safer conditions prevail.
Above 105° Heat Index **"Black Flag"**	All of the above and immediately move the students/staff to cooler areas of the building/facilities. If there are no suitable locations below the "White Flag" level, activities should be kept in the building in alternative spaces (i.e. cafeteria, multipurpose rooms, hallways, instructional rooms).

*Heat Index temperature is NOT the same as regular thermometer temperature. For the current Heat Index, go to www.noaa.gov to enter your location. The Heat Index will be listed under Detailed Forecast, Current Conditions and/or Hourly Weather Graph, but only during excessively hot weather.

Heat Related Illnesses, Signs & Symptoms and Treatment

Heat Illness	Definition/Description	Signs/Symptoms	What to Do
Muscle (Heat) Cramps	Occurs during or after intense exercise. Student will experience acute, painful, involuntary muscle contractions typically in the arms, legs or abdomen.	• Dehydration • Thirst • Fatigue • Sweating • Muscle Cramps	• Stop all activity and sit quietly in a cool place. • Drink water, clear juice or a sports drink. • Do not engage in exercise or strenuous activity for a few hours after cramps subside as this may lead to heat stroke. • Seek medical attention if heat cramps do not subside in 1 hour.
Heat Syncope	Occurs as a result of exposure to high temperatures. Typically occurs during the first 5 days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.	• Dehydration • Fatigue • Fainting • Lightheadedness • Tunnel vision • Pale or sweaty skin • Decreased pulse rate	• Lie down in a cool place. • Drink water, clear juice, or a sports drink. • Seek medical attention if symptoms do not improve.
Heat (Exercise) Exhaustion	The inability to continue exercising that is associated with heavy sweating, dehydration, energy depletion, and sodium loss. *Frequently occurs in hot, humid, conditions.	• Normal or elevated core temperature (97°-104°F) • Dehydration • Dizziness/Lightheadedness • Headache • Nausea/diarrhea • Weakness • Persistent muscle cramps • Profuse sweating • Chills • Cool, clammy skin	• Seek medical attention immediately if symptoms are severe, the student has existing heart conditions or high blood pressure. • You may attempt to cool the student by using: cool beverages, rest, cool shower/bath/rags, moving to an air conditioned environment, and removing excess/layered clothing.
Heat Stroke	Life-threatening unless promptly recognized and treated. Occurs as a result of prolonged heat exposure while engaging in physical activity. Symptoms are a result of the body shutting down when it is no longer able to regulate temperature naturally.	• Same symptoms as Heat Exhaustion and: • High body-core temperature (>104°F • Change in mood (e.g. apathy, irrational) • Hot and wet or dry skin • Increased heart rate • Confusion	• If any symptoms are evident- CALL 911 or seek immediate medical assistance. • Move the student to a shady area. • Cool the student rapidly using whatever methods you can: immerse the student in cool water, place student in shower, spray student with cool water, fan the student. • Monitor body temperature and continue to cool the student until temp drops to 101°-102°F. • Continue until medical professionals arrive and take over, if medical attention is delayed; call emergency room for instructions.

Hydration Recommendations

Appropriate water intake is essential for young students and adults. Providing access to drinking water gives students a healthy alternative to sugar-sweetened beverages. It helps to increase students' overall water consumption, maintain hydration, and reduce energy intake if substituted for sugar-sweetened beverages. According to the CDC, adequate hydration also may improve cognitive function in children and adolescents. Schools are encouraged to provide opportunities for students to access water before, during and after physical activity, especially on days of elevated temperature. Schools may also consider allowing students to carry portable water containers if requested by parents or guardians.

Precautions for Lightning

Although the odds of being struck by lightning in a given year are only around 1 in 500,000, some factors can put you at greater risk. Lightning most often strikes people who work outside or engage in outdoor recreational activities. Regional and seasonal differences can also affect your risk of being injured by lightning. In 2017, Florida, Alabama, Colorado, North Carolina, and Texas had the most lightning deaths. Florida is considered the "lightning capital" of the country, with more than 2,000 lightning injuries over the past 50 years.

- If the weather forecast calls for thunderstorms, postpone your trip or activity.
- Remember: When thunder roars, go indoors. Find a safe, enclosed shelter.
- The main lightning safety guide is the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
- If no shelter is available, crouch low, with as little of your body touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.
- Stay away from concrete floors or walls. Lightning can travel through any metal wires or bars in concrete walls or flooring. Although you should move into a non-concrete structure if possible, being indoors does not automatically protect you from lightning. In fact, about one-third of lightning-strike injuries occur indoors.

Cold Weather Advisory

When properly clothed, students can participate in safe, vigorous plan in an outdoor environment in most weather conditions. Increased caution should be practiced when temperatures reach below 40° including the wind chill factor. When temperature and wind chill fall below 35°, students *may* be kept indoors.

Temperature considerations (including wind chill) and proper clothing suggestions:

- Below 60° -- long sleeves recommended
- Below 50° -- coat and long pants recommended
- Below 40° -- gloves and hats with previously recommended gear necessary
- Below 35° -- indoor recess or physical activity

Schools should honor reasonable parent requests that a student be allowed to stay indoors. Requests based on health concerns must be honored.

- Particularly asthmatic children may need special accommodations during cold weather. The parent and school must work to determine a workable system for when the child should not participate in outdoor activities due to health.