

SUSD Heat Index Guidelines and Procedures

Outdoor Weather Activity and Heat Advisory Guidelines

Heat Index	Advisory	Conditions	Guidelines
32 or below	Cold Advisory	<i>Environmental conditions exist that place the majority of the population at risk for hypothermia and other serious medical conditions</i>	<ul style="list-style-type: none"> ▪ Outdoor school activities should be canceled ▪ Inclement weather schedule (lunch/recess) is mandatory ▪ Stay indoors as much as possible
80-90 F	No Advisory	Environmental conditions do not currently exist that create a heat stress hazard to the majority of the population	<ul style="list-style-type: none"> ▪ Normal school activities ▪ Modifications only for students who develop signs and symptoms of heat stress
90-100 F	Heat Advisory	Environmental conditions will exist through the balance of the daylight hours that may require some degree of protective actions for the majority of the population	<ul style="list-style-type: none"> ▪ School afternoon outdoor activities should be modified to include rest, shade, water breaks and no prolonged use of asphalt ▪ Students with health risks should not participate in prolonged outdoor activities
100-108 F	Heat Stress Warning	Environmental conditions will exist through the balance of the daylight hours which place a majority of the population at risk of some heat stress complications	<ul style="list-style-type: none"> ▪ All prolonged school outdoor activities (20 minutes or longer) should occur during cooler times in the day such as before 11:00am and after 8:00pm. ▪ Rest, shade and water precautions should occur at all times. ▪ Inclement weather schedule (lunch/recess) is advised
109 F +	Heat Stress Alert	Environmental conditions exist that place all persons at risk of heat stress complications	<ul style="list-style-type: none"> ▪ Outdoor school activities should be canceled ▪ Rest and water precautions should occur at all times ▪ Inclement weather schedule (lunch/recess) is mandatory

Purpose

The Saugus Union School District is committed to protecting the health and safety of our students and staff. SUSD provides various opportunities for outdoor physical activities before, during, and after school (CDP). These guidelines are meant to provide a decision making structure to promote student and staff safety whenever local weather may be detrimental to their health. Students need daily, vigorous exercise. These guidelines are intended to provide preventive strategies that may limit or revise certain activities for physical education and other outdoor programs before, during, or after school (CDP) based on the Heat Index.

The **HEAT INDEX** is the “feels like” or effective temperature. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation of perspiration. As the index rises, so do the potential health risks.

Guidelines for determining Heat Index

Temperature and humidity data shall be obtained from <http://www.weather.com/>. Details specific to the school should be accessed as follows:

- Enter school zip code
- Select: “hour-by-hour” tab
- Highest estimated temperature and humidity during school hours should be used to calculate HEAT INDEX
- Use “Heat Index Calculator” tool by entering the appropriate data obtained from www.weather.com
- Heat Index Calculator tool is available at: <http://www.hpc.ncep.noaa.gov/html/heatindex.shtml>
- Institute the guidelines/procedures listed in the chart above to prevent heat-related illnesses and protect our students