

# OAK PARK UNIFIED SCHOOL DISTRICT ADMINISTRATIVE REGULATION

Series 5000

Students

AR 5141.25(a) and AR 6142.7(a)

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## Heat Index Guidelines and Procedures

### Purpose

The Oak Park Unified School District is committed to protecting the health and safety of our students and staff. Oak Park Unified School District provides various opportunities for outdoor physical activities before, during, and after school. These guidelines are meant to provide a decision-making structure to promote student and staff safety when 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.

### Hot Weather

Heat induced illness is preventable. Children do not adapt to extremes of temperature as effectively as adults for the following physiological reasons (American Academy of Pediatrics, 2000):

- Higher surface area-to-body mass ratio than adults, allowing a greater amount of heat to transfer from the environment to the body.
- During physical activity, children produce more metabolic heat than adults.
- Sweating capacity is considerably lower in children than adults, reducing the ability to dissipate body heat by evaporation.

### Guidelines

When excessive heat occurs, the following precautions are to be taken for all outdoor physical activity, including but not limited to, recess, physical education classes, field trips and athletic practices and games.

Students should be hydrated before going outside and have access to drinking water while outside. In activities lasting longer than 30 minutes, periodic water breaks should be incorporated (approximately every ten minutes).

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 health risks.

During the school year, on dates that exceed 95 degrees or above, a district designee will inform the schools of the Heat Advisory. Once the Heat Advisory is communicated, a school designee will inform all staff of the Heat Advisory and the suggested guidelines will be put into place. Each school will determine the Heat Advisory communication channels for the specific school site.

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## Guidelines for Determining Heat Index

Temperature and humidity data shall be obtained from National Weather Services (NOAA). Details specific to the school should be accessed as follows:

- Enter district zip code
- Highest estimated temperature and humidity during school hours should be used to calculate Heat Index from the chart below. Limit activities according to second chart below. NOAA calculates Heat Index if this chart is not available.

Temp

% Relative Humidity

	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
85	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98
90	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103
95	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107
100	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111
105	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115
110	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119
115	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123
120	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127
125	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131
130	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135

Heat Index	Category	Activity Limitations
≤ 80		No limitations
80 to 89	Caution	75% vigorous activity/25% light activity or rest. Encourage hydration.
90 to 104	Extreme Caution	50% vigorous activity/50% light activity or rest. Enforce hydration. Sunstroke, heat cramps and heat exhaustion possible.
105 to 129	Danger	25% vigorous activity/75% light activity or rest. Enforce hydration. Sunstroke, heat cramps and heat exhaustion likely. Heat strong possible.
130+	Extreme Danger	All nonessen

## Sample Plan for Extreme Caution or Caution Categories

Lunch Time: 10 minutes in classroom  
 20 minutes in cafeteria  
 10 minutes outside activity

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Recess: Alternate shaded activities with sun exposure limit of 10 minutes

## District/School Recommendations

- Schools create a communication channel to use when Heat Advisory is in effect.
- Communicate to all schools that students are allowed to bring water bottles to school and have access to them throughout the day.
- Students should be encouraged to use Hydration Stations.
- Provide Heat Relation Illness training for playground aides, Physical Education teachers, and athletic coaches.
- The District lead nurse will provide Heat Index Information and American Academy of Pediatrics Information on Climate Heat Stress in Children to each school's health office staff.

## Parent Communication Tools

- Place a link for Heat Index Information on district and school websites.
- Have this plan accessible for parents.

## References:

- Scottsdale Unified School District, Modification of School-Related Activities Due to Weather or Environmental Conditions Policy and Guidelines. August 2005
- American Academy of Pediatrics, Committee on Environmental Health (2004), Ambient air pollution: Health hazards to children. *Pediatrics*, 114, 1699-1707. Retrieved July 19, 2005 from [www.pediatrics.org/cgi/content/full/114/6/1699](http://www.pediatrics.org/cgi/content/full/114/6/1699).
- American Academy of Pediatrics, Committee on Sports Medicine and Fitness (2000). Climatic heat stress and the exercising child and adolescent. *Pediatrics*, 106, 158-160. Retrieved June 22, 2005 from [www.aap.org](http://www.aap.org).
- American Academy of Pediatrics, Committee on Sports Medicine and Fitness and Committee on School Health (2001). Organized sports for children and preadolescents. *Pediatrics*, 107, 1459-1462. Retrieved June 22, 2005 from [www.aap.org](http://www.aap.org).
- Arizona School Risk Retention Trust, Inc. (2004). Hot Weather Guidelines. *Technical Information Bulletin* No. 18 Retrieved June 1, 2005 from <http://the-trust.org>.

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