Heat Guidelines for Outdoor Recess or Outdoor Activities

| Heat Index | Heat Index | Heat Index | Heat Index |
|----------------------|--|--|---------------------|
| Below 89 Degrees | 90-100 Degrees | 100-103 Degrees | 104 or above |
| Enjoy outdoor recess | Caution at recess and monitor conditions during recess | Modify outdoor activities for all students | Cancel outdoor play |

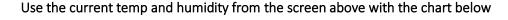
Activity Modification Examples:

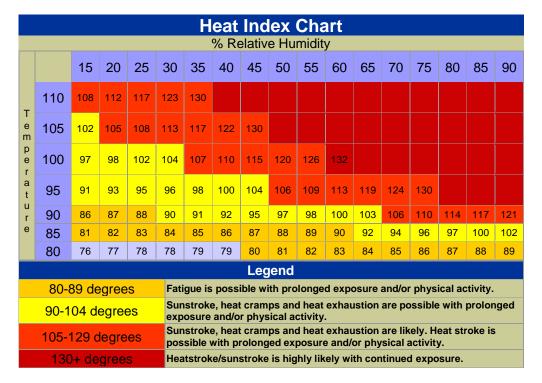
Restrict the intensity, i.e. no running or high level play. Limit the duration of outdoor activity to less than 15 minutes. Allow free access to water, shade and provide a cool down period. Encourage play in shaded areas.

These guidelines do not apply to secondary students involved in athletics or extracurricular activities who are acclimating to weather conditions. Please contact the Fine Arts or Athletics departments for questions.

Temperature Humidity Index (THI) Chart

Heat index (or apparent temperature) is how the heat and humidity in the air combine to make us feel. Higher humidity plus higher temperatures often combine to make us feel a perceived temperature that is higher than the actual air temperature. The old saying, "its not the heat, its the humidity" holds true. See the chart below showing various combinations of air temperature versus relative humidity to help you gauge for yourself.





Above is a heat index (or apparent temperature) chart showing various combinations of air temperature versus relative humidity.

To use the chart, locate the air temperature along the left column and the relative humidity along the top. The cell where the two intersect is the heat index.

For example, an air temperature of 90 degrees Fahrenheit and a relative humidity of 60 percent intersect at a heat index of 100 degrees. In other words, the temperature would feel like 100 degrees with this humidity/temperature combination.

Heat index values were devised for shady light wind conditions. Exposure to full sunlight can increase values by up to 15 degrees Fahrenheit.