

Heat Guidelines for Outdoor Recess or Outdoor Activities

Heat Index Below 89 Degrees	Heat Index 90-100 Degrees	Heat Index 100-103 Degrees	Heat Index 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.

Use the current temp and humidity from the screen above with the chart below

Heat Index Chart																		
% Relative Humidity																		
T e m p e r a t u r e		15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	
	110	108	112	117	123	130												
	105	102	105	108	113	117	122	130										
	100	97	98	102	104	107	110	115	120	126	132							
	95	91	93	95	96	98	100	104	106	109	113	119	124	130				
	90	86	87	88	90	91	92	95	97	98	100	103	106	110	114	117	121	
	85	81	82	83	84	85	86	87	88	89	90	92	94	96	97	100	102	
	80	76	77	78	78	79	79	80	81	82	83	84	85	86	87	88	89	
Legend																		
80-89 degrees					Fatigue is possible with prolonged exposure and/or physical activity.													
90-104 degrees					Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity.													
105-129 degrees					Sunstroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity.													
130+ degrees					Heatstroke/sunstroke is highly likely with continued exposure.													

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.