




# Great Hearts Texas Weather Guidelines

All campuses should monitor the weather in order to plan for student's playtime, field trips and educational activities. The guidelines discussed below are based on the National Weather Service and will provide information to teachers and staff as they plan for educational and recreational activities throughout the school day.

## Heat Guidelines Heat Index Chart (in Fahrenheit %)

Air Temperature (F)	Relative Humidity (Percent)													
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100	
80-83	80	80	81	81	82	82	83	84	84	85	86	86	87	
84-89	83	84	85	86	88	89	90	92	94	96	98	100	103	
90-93	91	93	95	97	100	103	105	109	113	117	122	127	132	
94-99	97	100	103	106	110	114	119	124	129	135				
100-103	109	114	118	124	129	130								
104	119	124	131	137										

	Comfortable outdoor play >20 min		Caution outdoor play 20 min or less		Danger No outdoor play
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- Keep in mind that temperature and humidity combined determines the possible risk of heat related injury for students.
- When in the green zone, outdoor activities allowed. Be alert for early signs of heat related illness. Water breaks and rest in shade every 20 minutes.
- When in the yellow zone, start with low level activity and increase as tolerated for 20 minutes or less. Outdoor activities to include rest in shade and water breaks every 15 minutes. Be alert for signs of heat related illness, especially for those at a higher risk.
- When in the red zone, no outdoor activity allowed.
- Students should drink plenty of water before, during and after exercise.
- Students should be allowed to take frequent water breaks and rest as needed.

**Regardless of the temperature, if a parent requests that their child not participate in physical activity due to the heat, the request is to be granted.**

## HEAT RELATED INJURY INFORMATION

<b>Heat Exhaustion</b>	<b>Heat Stroke</b>
<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Normal body temperature</li> <li>• Pale and clammy skin, profuse perspiration</li> <li>• Rapid and weak pulse</li> <li>• Tiredness, weakness, headache, nausea</li> </ul>	<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• High temperature</li> <li>• Hot, flushed, dry skin</li> <li>• Rapid and strong pulse</li> <li>• May be unconscious</li> </ul>
<p><b>Steps to Follow:</b></p> <ol style="list-style-type: none"> <li>1. Have person lay down in a cool, quiet place.</li> <li>2. Loosen clothing. Remove if tight or heavy.</li> <li>3. Call school nurse.</li> <li>4. Apply cool, wet cloths or sponge w/ cool water.</li> <li>5. Give sips of cold water.</li> <li>6. Notify parent.</li> <li>7. Call EMS (911) if condition worsens or person shows signs of shock.</li> </ol>	<p><b>Steps to Follow:</b></p> <ol style="list-style-type: none"> <li>1. Call school nurse/EMS (911)</li> <li>2. Place in a cool, quiet place.</li> <li>3. Remove outer clothing.</li> <li>4. Apply cold, wet cloths or sponge w/ cold water.</li> <li>5. Take temperature.</li> <li>6. If conscious, give sips of cold water.</li> <li>7. Notify parent.</li> </ol>

## OZONE GUIDELINES

The Air Quality Index, or AQI, is a scale used to report actual levels of ozone and other common pollutants in the air. The higher the AQI value, the greater the health concerns. Shown below are the recommended guidelines set for each ozone level by the National Environmental Protection Agency concerning outdoor activity. Each teacher, coach, band director or other employee taking children out of the building is responsible for checking current ozone levels and will be responsible for abiding by IISD guidelines. See below for resources to obtain this information.

The following precautions should be observed on all campuses:

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

### Index Values / Descriptors / Cautionary Statements for Ozone



**All students may participate in outdoor activity.**



**All students may participate in outdoor activity; however, students with known or suspected sensitivities should be limited to 20 minutes or less of outdoor recess/physical education.**



**Limit outdoor activity to low levels for no more than 20 minutes for all students.**



**All students should be kept indoors.**