

# **Germantown Municipal School District**

## **Coordinated School Health**

### **Heat Advisory Guidelines for Physical Education & Recess**

**Time spent outdoors is an important part of the school day. Children should be exposed to fresh air and exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. However, there are times when it is not safe for students to be outside. Please use the guidelines below as a guide for when school recess, other outdoor physical activity, or physical education classes should be modified.**

**Each school is to determine the criteria for such decisions and who will make the judgment call on a day-to-day basis. The decision making process may vary from grade to grade.**

#### **Conditions that should be considered in the determination:**

Temperature  
Humidity  
Heat index  
Age of Students  
Length of time outdoors  
Adequacy of clothing of the children  
Condition of the playground

#### **Recess & Outdoor Physical Activity:**

1. When the temperature index reaches 95 degrees or above, Principals should reconsider outside student recess and provide for an inside physical activity in an air-conditioned environment.
2. Teachers should provide students a water break before and after recess. Additionally, any student who shows signs of heat exhaustion or overheating should be allowed a water break during the recess period and/or be seen by school nurse.
3. Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy (seizure), allergy, medications, etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.

#### **Physical Education Classes:**

1. When the heat index reaches over 95 degrees (even in an air-conditioned gym), students should be provided frequent water breaks when moderate to vigorous physical activity is taking place any time of the year to prevent over-exertion and dehydration.
2. Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy (seizure), allergy, medications, etc. which puts students at a high risk of heat illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent as advised the school that their child should not participate.