

HEAT INDEX – ACTUAL TEMPERTURE GUIDELINES

UNDER 95 DEGREES

- Normal activity
- Water available and students encouraged to drink*
- Monitor students

95 – 99 DEGREES

- Limit running and reduced activity
- Mandatory water breaks and water readily available*
- Monitor students
- Recheck temperature every 30 minutes

100 – 103 DEGREES

- Students are to play in shaded areas and allowed to sit out
- Mandatory water breaks and water readily available*
- Monitor students
- Recheck temperature every 20 minutes

104 DEGREES AND ABOVE

- STOP all outdoor activity
- Water available

*At temperatures above 90 degrees water is mandatory after completing lap, water is available during class, permission is not required, and students are encouraged to drink. Whistle will sound five minutes before line-up as a water reminder. Lower grades will be given cups to encourage water consumption.