



LPISD EXTREME WEATHER PROTOCOL

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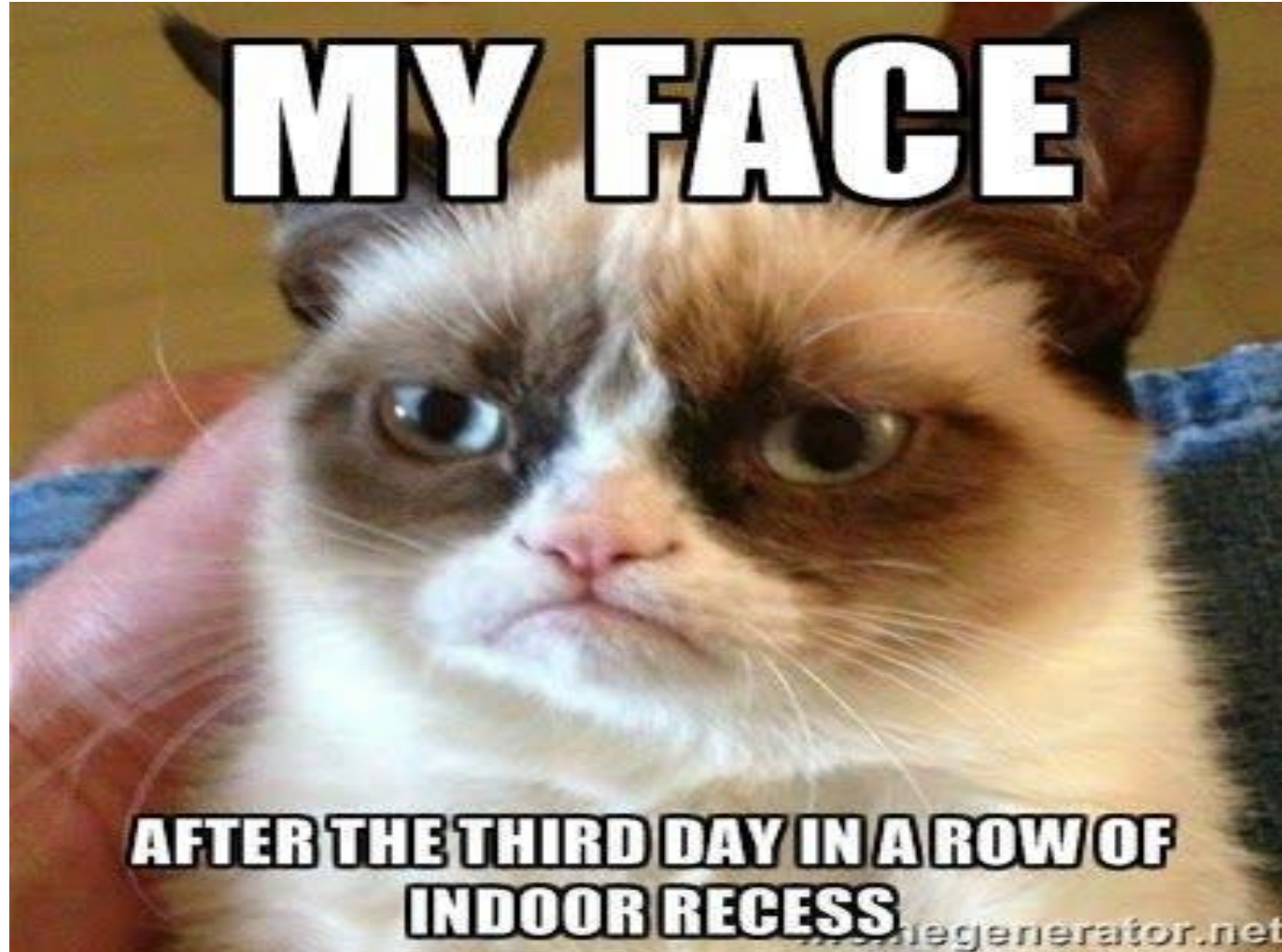
LA PORTE ISD HEAT INDEX GUIDELINES

In an effort to prevent heat related illness, La Porte ISD has adopted the following guidelines for outdoor activities involving elementary aged students.

- **Heat Index of 90 degrees or less:** Normal recess will be held
- **Heat Index of 91 to 94:** Outdoor recesses will be strictly limited to 15 minutes. Students will receive water before and after recess. Staff will observe them closely for signs of heat illness.
- **Heat Index of 95 degrees or greater:** Indoor recess will be held

LA PORTE ISD HEAT INDEX GUIDELINES

- In sync with many other school districts
- Slightly more conservative than others
- Takes into consideration that we are responsible for the safety of all our students, many of which have medical conditions that predispose them to heat illness.





CHILDREN AND HEAT

- Elementary aged children are more susceptible to heat than adults.
- Their bodies produce more heat pound for pound than adults.
- They sweat less than adults (necessary for evaporation and cooling).
- Their heat regulatory system is just not as advanced as adults.
- They are less likely to recognize the symptoms of heat exhaustion and take corrective action.

HEAT ILLNESS

➤ **Heat Cramps**

Painful muscle cramps thought to be caused by electrolyte imbalance

➤ **Heat Exhaustion**

Overheating that causes changes in vital signs, nausea, vomiting, dizziness and fainting. Can progress rapidly to Heat Stroke

➤ **Heat Stroke**

Overheating that requires emergency treatment.

Untreated, heatstroke can quickly damage your brain, heart, kidneys and muscles.

Can lead to death or permanent disability.



HEAT INDEX

- Measurement of how the heat actually feels and effects the body
- Calculation involving the actual temperature and % humidity



IMPORTANCE OF % HUMIDITY

- Perspiration and evaporation are major cooling mechanisms of the body.
- The higher the humidity, the less evaporation occurs resulting in slower body cooling.



THE SHADIER SIDE OF HEAT INDEX

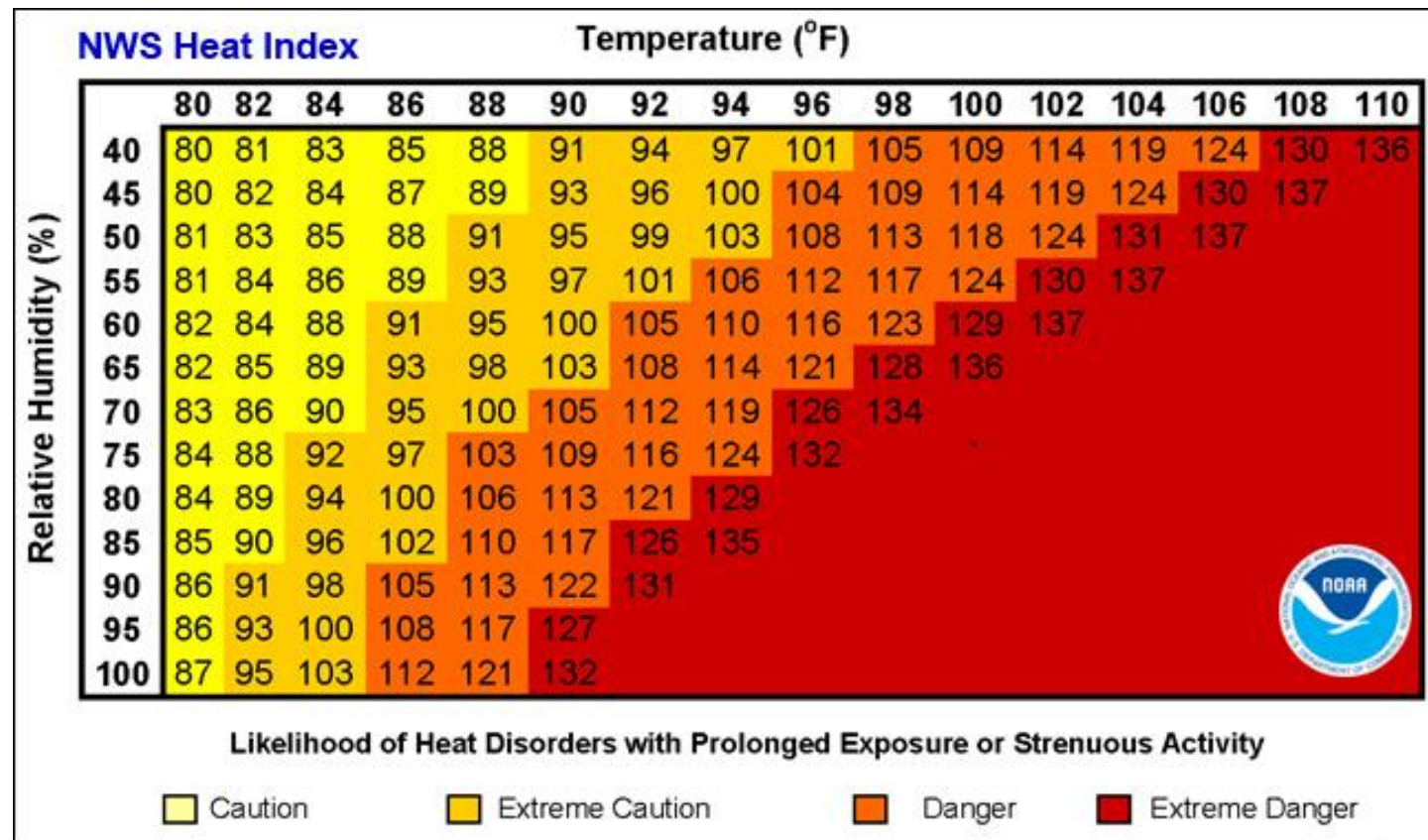
- It feels cooler in shaded areas and most LPISD elementary schools have outdoor areas of shade.
- Unfortunately, that does not give us leeway with the Heat Index since the temperature used to calculate the Heat Index is taken in the shade.
- According to NOAA and OSHA, exposure to direct sunlight adds 15 degrees to the official Heat Index.



HEAT INDEX VARIATIONS

- Heat Index tends to elevate as the day progresses.
- It is often possible to hold outdoor recess during the morning hours when afternoon hours are predicted to have an unsafe Heat Index level.

NOOA GUIDELINES FOR ADULTS



SHELBY COUNTY SCHOOLS

- **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.



BELTON SCHOOL GUIDELINES

Temperature/Heat Recommendations

Heat index 90-95 degrees
Fahrenheit

Heat index greater than 95 degrees
Fahrenheit

Air Quality index between 151-200

Air Quality index above 200

Outdoor Policy

Outside for 15-30 minutes or less

No outdoor play time

Vigorous outside activities in
morning hours only

No outside recess and physical
education classes

IRVING ISD HEAT GUIDELINES

Weather Guidelines2015-2016 [Compatibility Mode] - Word

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HEAT GUIDELINES

Heat Index Chart (in Fahrenheit %)
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									

Air Temperature (F)

Comfortable outdoor play
>20 min

Caution outdoor play
20 min or less

Danger
No outdoor play

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WEATHER GUIDELINES FOR CHILDREN

- <http://idph.iowa.gov/Portals/1/Files/HCCI/weatherwatch.pdf>

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FOR MORE INFORMATION

- **Weather Guidelines for Children;** Iowa Department Public Health, Healthy Child Care Iowa
- **National Oceanic and Atmospheric Administration** (NOOA)
- **National Weather Service;** <https://www.weather.gov/wrn/>.
- **Occupational Safety and Health Administration** (OSHA) Heat Index; http://osha.gov/SLTC/heatillness/heat_index/.

YOU CAN MAKE A DIFFERENCE

