



**Summer Weather Guidelines for
Outdoor Activities**

Temperature (F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	113	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	117	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Caution
 Extreme Caution
 Danger
 Extreme Danger

<u>PRECAUTION</u>	<u>PROCEDURE</u>	<u>PRECAUTION</u>	<u>PROCEDURE</u>
LIGHT YELLOW CAUTION	Observe students or staff members susceptible to heat illness (e.g., individuals who are obese or suffer from asthma, etc.). Water should be readily accessible to everyone.	ORANGE DANGER	All students and staff going outdoors should be under constant and careful supervision. Breaks from physical activity should be every 20-30 minutes with water readily accessible to everyone. Fluid replacement is vital!
YELLOW EXTREME CAUTION	Observe students or staff members susceptible to heat illness (e.g., individuals who are obese or suffer from asthma, etc.). Water should be readily accessible to everyone.	RED EXTREME DANGER	Postponing outdoor physical activities or moving physical activity to air-conditioned indoor settings is recommended for all students and staff. If outdoor activity is required, constant supervision is needed. Water must be readily available! Fluid replacement is vital!

References: State Climate Office of North Carolina http://www.nc-climate.ncsu.edu/climate/heat_index_climatology.php

Hot Weather Guidelines

* When the temperature is predicted to be between 90 and 94 degrees, student activity outside should be limited to 20 minutes.

* When the temperature is predicted to be 95 degrees or higher, students should not be outside after 11:30 am. The student activity should be limited to 20 minutes.

* When the day is designated as a Code Orange Day, student activity should be limited to 15 minutes.

* When the day is designated as a Code Red Day students should be indoors all day.

PAY VERY CLOSE ATTENTION TO:

1. Anytime students are outside, you should monitor them as far as to what their appearance is as a result of hot weather and if they are having any physical difficulties.
2. Please encourage students to drink water on hot days. They need to do this to avoid dehydration.
3. A primary concern for all should be ASTHMATIC CHILDREN. They should not play outside on Code Orange days, Code Red days, poor air quality days, or high heat index days. These children should be monitored closely.

