



**Winter Weather Guidelines for  
Outdoor Activities**

**Information for Parents/Guardians**

Dangerously cold temperatures, although uncommon, do occur in North Carolina winters. When a cold air outbreak sends temperatures plunging, it becomes much more dangerous to be outside for prolonged periods.

Time spent outdoors is an integral part of the school day. Children need fresh air and exercise and time spent outside affords students a break from the structure of the classroom.

Properly clothed, school-aged children can participate in safe, vigorous play in an outdoor environment in most weather conditions. Increased caution is necessary during temperatures less than 32 degrees. Temperature plus wind velocity, or wind chill, is a prominent factor in determining cold weather safety. As the speed of the wind increases, it carries heat way from the body more quickly.

As these winter temperatures approach, please be reminded that it is very important for students to come to school every day with the appropriate winter clothing for outside activities. If you have a child in need of winter clothing please let the school know so that they may help you find appropriate clothing for your child.

Below please find guidelines to assist you in sending your child to school outfitted for outside activities in the winter.

<b><i>Temperature / Weather Conditions</i></b>	<b><i>Clothing Recommendations</i></b>
Mild (45-55 degrees)	Lightweight Coat & Hat
Moderate (35-44 degrees)	Heavy Coat, Hat, Gloves or Mittens, Close toe shoes and scarf (optional)
Cold (32-34 degrees)	Heavy Coat, Hat, Gloves or Mittens, Close toe shoes and scarf (optional)
Freezing (<32 degrees)	Principal decision regarding outside activity
Snow	Heavy Coat, Hat, Gloves or Mittens, Close toe shoes and scarf (optional)
Soggy, Wet Conditions	Coat, Hat, Close toe shoes
Definite Rain, Sleet or Hail	Students will stay inside