

WEATHER PARTICIPATION Administrative Guideline

Guidelines for Outside Activities During Cold Weather:

The Principal/Designee will be responsible for determining the conditions under which students will/will not be permitted to go out for recess or other outdoor activities during the school day.

Under normal conditions the following guidelines should be considered:

1. On days when outside temperatures are below 15 degrees or there is rain, indoor recess should be considered.
2. When outside temperatures are above 15 degrees or when wind conditions do not force the wind chill factor below 15 degrees, outdoor recess may be observed.
3. The principal/designee will use appropriate resources to determine temperature.
4. Other factors to consider in making the decision to have recess indoors include precipitation, weather advisories, wind speed, playground conditions, age of students and length of time outside.

If these conditions exist in the morning as students arrive at the school building, the administrator will use the guidelines above in consideration of having students wait inside the building.

Each situation must be interpreted on a daily basis by the principal/designee taking into consideration the day's circumstances.

Guidelines for Outside Activities During Warm Weather:

Some activities occur during months when very hot and humid weather might occur. The purpose of these guidelines is to provide school personnel with information to guide their decisions and ensure the safety of students.

According to the American Academy of Pediatrics-Committee on Sports Medicine and Fitness, "Proper health habits can be learned by children and adolescents. Athletes who may be exposed to hot climates should follow proper guidelines for heat acclimatization, fluid intake, appropriate clothing, and adjustment of activity according to ambient temperature and humidity. High humidity levels, even when air temperature is not excessive, result in high heat stress."

Based on this information, the American Academy of Pediatrics recommends the following for children and adolescents:

1. The intensity of activities that last 15 minutes or more should be reduced whenever relative humidity, solar radiation, and air temperature are above critical levels. One way of increasing rest periods on a hot day is to substitute players frequently.
2. At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat. When such a period is not available, the length of time for participants during practice and competition should be curtailed.
3. Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced (e.g., each 20 minutes 150 mL [5 oz] of cold tap water or a flavored salted beverage for a child weighing 40 kg (88 lbs) and 250 mL [9 oz] for an adolescent weighing 60 kg (132 lbs)), even if the child does not feel thirsty. Weighing before and after a training session can verify hydration status if the child is weighed wearing lightweight clothing.
4. Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments. Rubberized sweat suits should never be used to produce loss of weight.

Extracurricular Activities:

Band directors, coaches, and other school personnel should consider scheduling practices during early morning or evening hours during times of extreme heat.

It is essential that school personnel are alert to student needs during extreme conditions and are prepared to respond to an emergency.

During times of extreme heat, the superintendent or designee will consult with the athletic director, band director, or other school personnel to determine the level of outside activities.

All athletic teams will adhere to the guidelines for heat and humidity set forth by the MHSAA. [Link to MHSAA Heat and Humidity Guidelines.](#)