

FREDERICK COUNTY PUBLIC SCHOOLS	Reg. No. 400-42
Subject: WEATHER GUIDELINES FOR OUTSIDE ACTIVITIES	Issued: 2/13/84
Preparing Office: Office of the Superintendent	Amended: 8/23/18

I. Policy 409

II. Definition

Activities include, but are not limited to: athletics, extracurricular activities, physical education classes, recesses, field days, field trips, and other outside classroom lessons.

III. Procedures

Outside exercise is healthy and strongly encouraged. However, outside activities may need to be modified during certain weather conditions.

A. Roles and Responsibilities

The Principal/designee is responsible for determining when outside activities need to be limited or modified due to weather conditions. If conditions preclude the full outside activity, modified activity is encouraged as it can revitalize students. This decision may vary from grade to grade or class to class.

The Elementary and Secondary Curriculum Specialists for Health and Physical Education, the Supervisor of Athletics and Extracurricular Activities, and the Coordinator of School Security will notify and advise designated school personnel with weather updates and activity considerations as appropriate.

B. For severe weather events and conditions (weather watches, warnings, and advisories), staff should follow the FCPS Crisis Manual and/or direction from the Coordinator of School Security.

C. Weather conditions to consider:

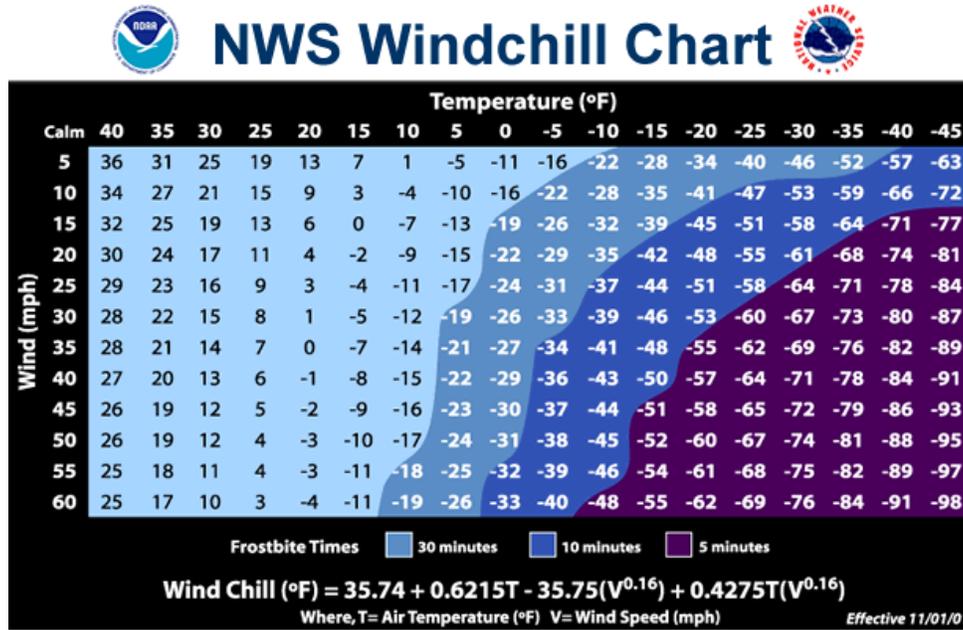
1. Temperature
2. Wind
3. Humidity
4. Air quality
5. Heat

D. Other factors to consider:

1. Age of students
2. Length of time outside
3. Adequacy of student clothing
4. Condition of the play or instructional area
5. Intensity of the exercise
6. Health conditions of student(s)
7. Hydration of student(s)

E. Cold Weather

When properly clothed, students can participate in most outside activities during cold weather conditions. However, outside activities may need to be modified during certain cold weather conditions. Air temperature and wind speed, known as “wind chill,” contribute to how cold it feels. Refer to the following chart from the National Weather Service that illustrates wind chill and actual outside temperature to help plan outside activity.



Source: National Weather Service (2011). <http://www.nws.noaa.gov/om/windchill/>

Some modifications to consider when planning outside activity during cold weather include, but are not limited to:

- Proper clothing
- Breaks from activity
- Modified outside time

Other factors to consider:

- Outside surface including wetness, dampness, snow cover, or ice
- Ice or frozen fixtures
- Time of day

F. Hot Weather

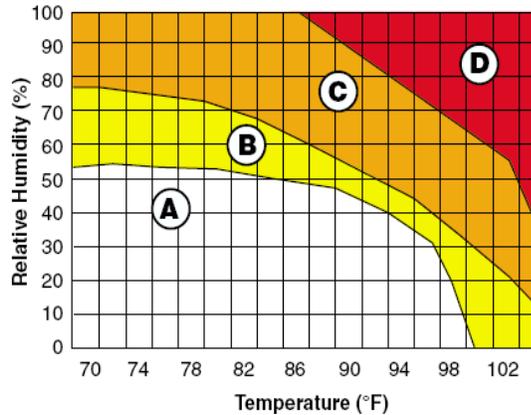
With proper precautions, students can participate in most outside activities during hot weather conditions. Air temperature, humidity, and wind speed contribute to how hot it feels on any day. Refer to the chart below from the National Athletic Trainers Association for Youth Activity Guidelines regarding heat to help plan outside activity.

Activity Guidelines

Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.

Add 5°F to the temperature between 10:00 a.m. and 4:00 p.m. from mid-May to mid-September on bright, sunny days.

- A. Children should receive a 5-10 minute rest and fluid break after every 25 to 30 minutes of activity.
- B. Children should receive a 5-10 minute rest and fluid break after every 20 to 25 minutes of activity. Children should be in shorts and t-shirts (with helmet and shoulder pads only, not full equipment, if worn for activity).



- C. Children should receive a 5-10 minute rest and fluid break after every 15 to 20 minutes of activity. Children should be in shorts and t-shirts only (with all protective equipment removed, if worn for activity).
- D. Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space.

This document was adapted from: *Inter-Association task force on exertional heat illnesses consensus statement*. June 2003. National Athletic Trainers' Association. The full document can be obtained at www.nata.org/industryresources/heatillnessconsensusstatement.pdf.

Some modifications to consider when planning outside activity during hot weather include, but are not limited to:

- Proper clothing
- Breaks from activity
- Modified outside time
- Access to shaded areas
- Adequate water
- Frequent breaks
- Less vigorous activities

Other factors to consider:

- Outside surface, including pavement, athletic turf, or grass
- Surface structure temperature, such as metal or plastic playground apparatus
- Time of day
- Cloud cover
- Number of shaded/sheltered areas

G. Sunscreen Use

Student use of sunscreen is encouraged to promote health and well-being while engaged in outside activity.

Students are permitted to possess sunscreen on school property or at a school sponsored activity without permission from a health care provider.

H. Interscholastic Athletics—High School

The Supervisor of Athletics and Extracurricular Activities will notify and advise school personnel of weather updates and activity considerations as appropriate. Modifications to activities may include, but are not limited to:

- Frequent water breaks
- Frequent rest breaks
- Observation of athletes
- Monitoring weight loss
- Length and time of day of practices
- Clothing and equipment modifications
- Postponement or cancellation

Approved:

Original signed by

Theresa R. Alban
Superintendent