



# Tomball Independent School District

## Heat Advisory Guidelines

### PURPOSE

These guidelines are meant to provide a decision making structure to promote student and staff safety when local weather may be detrimental to one's health.

Students need daily, vigorous exercise. These guidelines are intended to provide preventive strategies that may limit or revise certain activities for physical education, recess, and other outdoor programs before, during, or after school.

### HOT WEATHER

Heat induced illness is preventable. Children do not adapt to extremes of temperature as effectively as adults for the following physiological reasons (American Academy of Pediatrics, 2000):

- Higher surface area-to-body mass ratio than adults, allowing a greater amount of heat to transfer from the environment to the body.
- During physical activity, children produce more metabolic heat than adults.
- Sweating capacity is considerably lower in children than adults, reducing the ability to dissipate body heat by evaporation.

### GUIDELINES

During times of excessive heat, the following precautions should be taken for all outdoor physical activity including, but not limited to: recess, physical education classes, and/or outdoor field trips.

- Students should be hydrated prior to outdoor activities and drinking water shall be easily accessible.
- During extended periods of outdoor activity (>30-35 minutes) periodic drinking should be enforced. **Under no circumstances will access to drinking water be used as punishment or motivation.**
- Staff is advised to use precaution on other days when the heat index exceeds 105°F. Limiting recess to no more than 15 minutes and ensuring that students have access to adequate water prior to and/or after outside play is essential.
- Coaches and Athletic Trainers will follow the TISD Heat Policy for Outdoor Athletics.

Heat Index	Restraint on Activities
94-104°F	All activities allowed, but be alert for early signs of heat-related illness in prolonged events. Always provide rest periods and access to water.
Above 105°F	Outdoor activities to include rest periods (in shade if possible) every 15 minutes. Encourage drinking water prior to activity, every 15 minutes during activity, and after activity.

## **RESOURCES FOR DETERMINING HEAT INDEX**

Website: Heat Index can be found at the [National Weather Service](http://www.weather.gov), [www.weather.gov](http://www.weather.gov).

On the left pane, mid-way down (in green), type in your zip code. Click your specific location. Next to the temperature on the left pane- click on "Get Detailed Info". The heat index is noted in the middle of the screen and is last on the list of other weather information provided.

App: OSHA-NIOSH Heat Safety Tool.



### **OSHA-NIOSH Heat Safety Tool**

Centers For Disease Control and Prevention

#27 in Weather

★★★★☆ 2.8, 28 Ratings

Free