

TEMPERATURES/SEVERE WEATHER

COLD/HEAT/OZONE GUIDELINES

Weather conditions can pose a risk to the health of students. The following guidelines are intended to assist when making decisions regarding outside activities during periods of high heat or heat index, when there is an ozone warning or when other atmospheric conditions pose a health risk to students. Activity results in the loss of body fluids. Excessive heat and/or humidity increase the amount of fluid loss. The body needs a cool-down period to readjust itself to the cooler temperatures within the building. Efforts will be made to make sure that students consistently drink fluids so they do not dehydrate. If a student becomes thirsty, he or she is already under-hydrated. Fluids are especially important before any physical activity or before leaving an air-conditioned environment. Many medications prescribed for therapeutic purposes can potentially affect heat tolerance. Some students on medication have an impaired ability to dissipate heat from the body due to their medical conditions.

McKinney ISD staff will utilize one of the following sites to access current weather conditions for McKinney and Collin County:

Temperature website:

<http://forecast.weather.gov/MapClick.php?CityName=Mc+kinney&state=TX&site=FWD&textField1=33,2009&textField2=96.6549&e=0>

Air Quality (Ozone) website: <http://www.airnow.gov/>

Parents should notify the school in writing if they do not want their children to go outside on days other than those mentioned above for recess or any other outside activity.

Hot Temperatures

When the temperature or heat index rises to 95 degrees or the ozone alert is orange, outdoor recess or activities should be limited to 10 minutes.

When the temperature or heat index rises to 100 or the ozone alert is red or purple no outside recess or activities should be allowed, except of normal dismissal procedures, but caution will be used during dismissal time to keep exposure to heat at a minimum.

Parents are encouraged to dress children in cotton material, loose fitting, lightweight and light colored clothes.

Parents are encouraged to provide a balanced diet including 4 to 5 servings of fruits and vegetables daily. These foods are not only natural sources of vitamins and electrolytes, but provide additional water to the body.

To the extent possible schedules will be rearranged so that outside activities can occur in the mornings, when the temperature is cooler.

Discretion will be used to decrease outside activities when seasonal temperatures and humidity exceed those normal for this area.

Vigilance in hydrating students before, during and after outside activities will be used.

Efforts will be made to ensure that all staff members are aware of the signs, symptoms and treatment procedures for heat-related illnesses.

A cool-down period once the students return to the building from outside activities will be encouraged.

Efforts will be made to ensure that students are aware that metal parts, including swing chains, metal slides, metal wheels, screws and bolts will be hot and to avoid them as much as possible during this time.

During these times of heat it is advised that students are to be kept inside the building while waiting for a bus, daycare van, or parent pick-up.

Cold Temperatures

During times of excessive cold weather the following precautions should be taken:

When the temperature or wind chill is at or below 25 degrees no outdoor recess or activities should be allowed.

Parents are encouraged to dress children in appropriate cold weather clothing including dressing in layers during the cold weather months.

If student does not have appropriate outerwear they will be kept indoors.

Efforts will be made to ensure that all staff members are aware of the signs, symptoms and treatment procedures for cold-related illnesses.

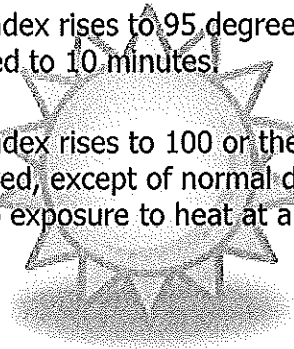
During these times of cold it is advised that students are to be kept inside the building while waiting for a bus, daycare van, or parent pick-up.

(Non-UIL) Outdoor Activity

Parents should notify the school in writing if they do not want their children to go outside on days other than those mentioned below for recess or any other outside activity.

Hot Temperatures

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- When the temperature or heat index rises to 100 or the ozone alert is red or purple no outside recess or activities should be allowed, except of normal dismissal procedures, but caution will be used during dismissal time to keep exposure to heat at a minimum.



Cold Temperatures

- When the temperature or wind chill is at or below 25 degrees no outdoor recess or activities should be allowed.

