



— AN INITIATIVE OF HEALTHY CPS —



## PLAYWELL: RECESS WEATHER GUIDELINES

Outdoor recess allows children to get fresh air, provides an opportunity for children to engage in moderate to vigorous physical activity, and gives students more activity options than most indoor spaces. Outdoor recess is an important part of a child's school day and schools are highly encouraged to provide students with the opportunity to play outside whenever possible. Use the following guidelines provided by the district to determine whether recess is held indoors or outdoors each day.

### COLD WEATHER GUIDELINES

- » Above 32° F with or without wind chill: Recess should be held outdoors.
- » Between 31° F and 15° F with or without wind chill: Principal discretion.
  - Precipitation: Snowy and icy conditions should be evaluated for student safety and attire.
  - Student preparedness: Students should have appropriate outdoor attire to stay warm and dry during recess.
  - Playground safety: The playground equipment and surface (i.e., icy conditions) should be evaluated to determine whether students can safely play outdoors.
- » Below 15° F with or without wind chill: Recess should be held indoors.

### WARM WEATHER GUIDELINES

- » Heat index of 90° F or below: Recess should be held outdoors.
- » Heat index between 91° F and 94° F: Principal discretion.
  - Activity level: Students should participate in only light to moderate physical activity.
  - Student preparedness: Students should wear appropriate attire during warm weather. It is recommended that students wear sunscreen when outdoors.
  - Playground equipment: The playground equipment and surfaces should be checked prior to recess (i.e., slides, swing seats, and other playground equipment could get very hot and burn students). Supervisors should ensure that students do not play on equipment that is extremely hot to the touch.
  - Water access: Students should have access to water before and/or after recess. Additionally, students who show any signs of heat exhaustion or a heat-related illness (i.e., heavy sweating, weakness, muscle cramps, nausea, weak pulse, clammy skin, etc.) should be provided with immediate access to water.
- » Heat index above 95° F: Recess should be held in a cool location.

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