**WEATHER GUIDELINES FOR OUTDOOR SCHOOL ACTIVITIES**

Fresh air and exercise is an important part of the school day. Time spent outdoors gives students the opportunity to engage in activities that allow them to relax from the structure of the classroom for a short while. There are times, however, when it is not safe for students to be outside. Consider using the following guidelines in regards to modifying school recess, Physical Education classes, or other outdoor physical activity.

Decisions regarding outdoor activity safety will be made on a day-to-day basis. The decision on whether or not to have outdoor recess will be based on weather conditions reported for Lebanon, CT zip code 06249 at [www.weather.com](http://www.weather.com) and the use of the **Child Care Weather Watch Chart.**

Conditions that should be considered in the determination of outside activity include:

* Temperature
* Humidity
* Heat Index
* Wind Chill
* Age of students
* Length of Time Outdoors
* Adequacy of Clothing of the Children
* Condition of Playground

**Generally Speaking:**

Temperatures of 20 degrees and below--Stay inside

Temperatures below 32 degrees--time outside shortened to 15-20 minutes

Temperatures of 35-95 degrees--Outside normal time

Temperatures of 95 degrees and above--Stay inside

When there is a Weather Advisiory or Warning issued for our area, students will be kept indoors

1. When properly clothed, elementary school-aged children can participate in safe play in an outdoor environment in most weather conditions.
2. Temperature considerations and proper clothing:

Below 60 degrees: Jacket or long sleeves recommended

Below 50 degrees: Coat and long pants recommended

Below 40 degrees: Coat, long pants, gloves and hats recommended

Below 35 degrees: Probable indoor recess based on temperature and wind chill

1. Increased caution should be practiced when temperatures are below 30 degrees, *including the* *wind chill factor.*
2. When temperatures fall below 20 degrees including the wind chill (“feels like”), students will have indoor recess.
3. When the temperature index (“feels like”) reaches 90- 95 degrees or above-indoor recess will be considered.
4. Reasonable parent request for a child to stay indoors based on health reasons should be honored.

Teachers should be aware of medical conditions such as asthma, diabetes, allergies, etc. which may

put individual students at a higher risk of heat/ cold related illness.

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