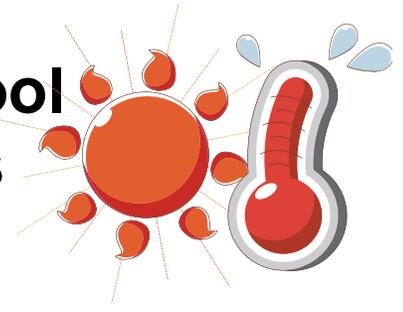




# Challenger Middle School Operation of Schools During Hot Weather



Category*	Temp. (F°)	Possible Heat Stress Effects	SUGGESTED ACTION		Additional Modifications For Challenger Middle School
			Humidity less than 50%	Humidity 50% or greater	
Normal	82° or less	• Good learning conditions. No effect.	• Regular school day.	• Regular school day.	• Regular school day.
Alert	82°-92°	• Learning may decrease with long exposure. • Fatigue may increase after 4-6 hours.	• Regular school day. • If near 50% humidity, limit intensity of or modify physical activity and monitoring.	• Regular school day. • Limit duration & intensity of or modify physical activity & monitor closely.	• No timed runs when humidity is 50% or greater • Frequent breaks • Use shaded areas
Caution	92° - 95°**	• Early heat stress and cramps possible. • Heat exhaustion or heat stroke possible with long exposure.	• Regular school day. • Limit duration & intensity of or modify physical activity & monitor- closely.	• Regular school day • Limit duration & intensity of & modify physical activity & monitor closely.	• No timed runs • Frequent breaks • Use shaded areas • No intense physical activities at lunch (basketball, etc.)
Extreme Caution	95° or above**	• Heat stroke or heat exhaustion possible.	• Consider schedule change. • Prohibit or limit duration & intensity of, modify physical activity, & monitor closely.	• Consider schedule change. • Prohibit physical activity.	• No timed runs • Frequent breaks • Use shaded areas • No intense physical activities at lunch (basketball, etc.)

\* Air pollution alerts MUST be obeyed in all categories.

\*\*If air circulation (or wind velocity) is 10 mph or greater, the effects of temperature may be less severe.

**Please Note:** Students with certain health problems may require more attention. If students complain about the heat, allow them to rest and contact the school nurse, mental health technician, or site administrator who may want to have their health status clarified by a parent/guardian or the student's physician.

SDUSD Procedure 4032 Revised 8-25-11, CMS Policy Revised 10-2-14

## Stay Hydrated



- Drink water frequently
- Use a water bottle or the drinking fountain
- Bring a water bottle to school and refill it at the drinking fountain.

