

Fort Bend ISD




Weather Guidelines

The guidelines below are based on the National Weather Service and provide information to campus staff as they plan for outdoor activities such as physical education class, recess, and educational or recreational activities throughout the school day. It should be part of daily routine in schools to monitor the weather. Campus teachers and staff are encouraged to use weather apps and/or check weather websites when making decisions regarding outdoor physical activity time for students.

Heat Guidelines

Temperature and humidity combined determines the possible risk of heat related injury for students.

Air Temperature (F)	Relative Humidity (Percent)												
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100
80-83	80	80	81	81	82	82	83	84	84	85	86	86	87
84-89	83	84	85	86	88	89	90	92	94	96	98	100	103
90-93	91	93	95	97	100	103	105	109	113	117	122	127	132
94-99	97	100	102	106	110	114	119	124	129	135			
100-102	109	114	118	124	129	130							
103	119	124	131	137									

 <div style="border: 1px solid black; padding: 5px; width: 100%;"> <p style="text-align: center;">Comfortable outdoor play >30 min</p> </div>	 <div style="border: 1px solid black; padding: 5px; width: 100%;"> <p style="text-align: center;">Caution outdoor play 30 min or less</p> </div>	 <div style="border: 1px solid black; padding: 5px; width: 100%;"> <p style="text-align: center;">Danger No outdoor play</p> </div>
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- Students should be encouraged to drink plenty of water, before, during, and after exercise.
- Students should be allowed to take frequent water breaks and rest in a shaded area as needed.

Heat Related Injury Information

Heat Exhaustion:

- Normal body temperature
- Pale and clammy skin
- Profuse sweating
- Rapid and weak pulse
- Tiredness, weakness, headache, nausea

Heat Exhaustion Action Steps:

1. Have the student lay down in a cool, quiet place.
2. Loosen clothing.
3. Call school nurse.
4. Apply cool, wet cloths
5. Give sips of cold water.
6. Notify parent.
7. If the condition worsens or the student show signs of shock, call 911.

Heat Stroke:

- High temperature
- Hot, flush, dry skin
- Rapid and strong pulse
- May be unconscious

Heat Stroke Action Steps:

1. Call school nurse/EMS (911).
2. Place student in a cool, quiet place.
3. Apply cold, wet cloths.
4. Take temperature.
5. If conscious, give sips of cold water.
6. Notify parent.

Ozone/Air Quality Guidelines

To sign up for instant ozone alert notifications from the Texas Commission on Environmental Quality (TCEQ), click on https://www.tceq.texas.gov/airquality/monops/ozone_email.html and follow the instructions.

Check the following reporting stations for Air Quality Index (AQI) values at https://www.tceq.texas.gov/cgi-bin/compliance/monops/aqi_rpt.pl. Click Houston. These are the reporting stations closest to Fort Bend ISD schools:

- Houston Westhollow C410
- Houston Bayland Park C53/C146/C181
- Houston Croquet C409
- Manvel Croix Park C84

The following precautions should be observed on all campuses:

Air Quality Index (AQI) Values	Levels of Health Concern	Colors	Meaning
When the AQI is in this range:	...air quality conditions are:	...as symbolized by this color:	...as defined by:
0-50	Good	Green	Air quality is considered satisfactory, and air pollution poses little or no risk.
51-100	Moderate	Yellow	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
101-150	Unhealthy for Sensitive Groups	Orange	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
151-200	Unhealthy	Red	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.



All students may participate in outdoor activity



All students may participate in outdoor activity; however, students with known or suspected sensitivities should be limited to ≤ 30 minutes of outdoor play



Limit outdoor activity to low levels for no more than 30 minutes for all students



All students should be kept indoors

Lightning Guidelines

At the sound of thunder or the sighting of lightening, all students should be moved to inside. All students should be kept inside for 30 minutes after the last sound of thunder and/or sighting of lightening. Each time thunder is heard and/or lightening is sighted, the 30-minute clock starts over. There must be a continuous absence of thunder or lightening for at least 30 minutes before students are allowed back outside.

Cold Weather Guidelines

Wind-Chill Factor Chart (in Fahrenheit)

Air temperature and wind speed combined determine the length of outdoor play during cold conditions. On cold days, students should dress appropriately. As a general guide when the temperature including wind chill is 40 degrees Fahrenheit or below, there is no outdoor play.

"Feels Like" Temperature (including Wind Chill Factor)	Outdoor Play Guideline
>50	Comfortable Outdoor
49-41	Caution— 30 min or less
40-0	Danger—No outdoor play

