**Coupland Independent School District Weather Guidelines**

Part of daily routine in schools is to monitor the weather in order to plan for student’s playtime, field trips and educational activities. The guidelines discussed below are based on the National Weather Service and will provide information to teachers and staff as they plan for educational and recreational activities throughout the school day. Teachers are encouraged to check the district’s website for current weather conditions when making decisions regarding outdoor physical activity time for students during time periods when extreme heat or cold is a condition.

**HEAT GUIDELINES**

Coupland ISD will use the heat index or “Feels like…” temperature to determine the extent to which outdoor activities are limited.

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| Heat Index of “Feels like” temperature | Risk Level | Outdoor activity |
| 80-89 | low | Up to 30 minutes |
| 90-102 | medium | No more than 15 minutes |
| 103 or greater | high | No outdoor activity |

Keep in mind:

* Temperature and humidity combined determines the possible risk of heat related injury for students.
* When in the yellow zone, start with low level activity and increase as tolerated for 15 minutes or less.
* Students should be encouraged to use sun screen and wear a hat.
* Students should drink plenty of water before, during and after exercise. Students should be allowed to take frequent water breaks and rest as needed.
* Regardless of the temperature, if a parent requests that his/her child not participate in physical activity due to the heat, the request is to be granted.

**HEAT RELATED INJURY INFORMATION**

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| --- | --- |
| **Heat Exhaustion** | **Heat Stroke** |
| **Symptoms:**   * Normal body temperature * Pale and clammy skin, profuse perspiration * Rapid and weak pulse * Tiredness, weakness, headache, nausea | **Symptoms:**   * High temperature * Hot, flushed, dry skin * Rapid and strong pulse * May be unconscious |
| **Steps to Follow:**   1. Have person lay down in a cool, quiet place. 2. Loosen clothing. Remove if tight or heavy. 3. Call school office. 4. Apply cool, wet cloths or sponge w/ cool water. 5. Give sips of cold water. 6. Notify parent. 7. Call EMS (911) if condition worsens or person shows signs of shock. | **Steps to Follow:**   1. Call school nurse/EMS (911) 2. Place in a cool, quiet place. 3. Remove outer clothing. 4. Apply cold, wet cloths or sponge w/ cold water. 5. Take temperature. 6. If conscious, give sips of cold water. 7. Notify parent. |

**LIGHTNING GUIDELINES**

All students should be moved inside at the sound of thunder or the sighting of a lightning strike. All students should be kept inside 30 minutes after the last sound of thunder and/or lightning strike. If thunder is heard or lightning is seen during those 30 minutes, the clock starts over. There must be 30 minutes of continuous absence of thunder and/or lightning before students are allowed back outside.

**COLD WEATHER GUIDELINES**

Coupland ISD will use the wind chill or “Feels like…” temperature to determine the extent to which outdoor activities are limited.

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| Wind Chill of “Feels like” temperature (F) | Risk Level | Outdoor activity |
| 40 or above | low | Up to 30 minutes |
| 33-39 | medium | No more than 15 minutes |
| 32 or less | high | No outdoor activity |

Keep in mind:

* Air temperature, humidity and wind speed combined will determine the length of outdoor play during cold conditions.
* Students should be dressed properly.
* Regardless of the temperature, if a parent requests that his/her child not participate in physical activity due to the cold, the request is to be granted.