

CMS Physical Education Weather Policy

As physical educators it is our responsibility to provide our students with skills that will transfer into their everyday lives. However, when we are faced with extreme weather conditions, the safety of our students is our priority and responsibility. We hope that the following will help guide your decisions during such weather conditions.

According to [Cupertino Union School District Board Policy](#) - cf. 3514 - Environmental Safety and cf. 5141.7 - Sun Safety - as it pertains to ***Physical Education and Activity*** - “During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program or shall seek alternative indoor space to enable students to participate in active physical education.”

According to [Occupational Safety & Health Administration](#) (OSHA), the heat index as follows, shows that “Less than 91°F” is a Low Caution and “91°F to 103°F” is a moderate risk.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

Similarly, Los Angeles Unified School District Policy ~ “[Guidelines for Preventing Heat Stress](#)” (p.9), shows that a low to moderate risk is under 95 degrees, which is 4 degrees higher than the OSHA heat index above. However, OSHA does not regulate schools and is strictly for employees that work outdoors. OSHA’s heat index is a guide and does not “...account for certain conditions that contribute additional risk, such as physical exertion.” ([Occupational Safety & Health Administration](#)).

“The intensity and duration of a strenuous exercise program should be adjusted initially for students who are not acclimated to the climate. The intensity and duration of the program can then be gradually increased over a period of 10 to 14 days to allow the students to adapt to the effects of heat.” ([“Guidelines for Preventing Heat Stress”](#) G., p.5). Therefore, in order to help you determine what activities are safe for your students, consider the following as possible contributing factors: air quality,

heat index, level of energy exertion, and your students access to hydration stations, age of students, length of time outdoors, humidity, shaded/unshaded areas etc.

The CMS Physical Education staff members “...shall make appropriate adjustments...” aligned with the below according to their best judgment and will be accountable for their own actions ([Cupertino Union School District Board Policy](#)).

Hot Weather

Once temperatures reach: 90+ degrees:

PE teachers should reevaluate their physical activities for the safety of our students.

- No skin contact exercises on blacktop (pushups, situps, etc.)
- Modify fitness and runs accordingly ~ we should not be at full capacity in the heat
 - Runs will be shorter in time, less intense, and not graded
 - Closely observe students for “...signs and symptoms of heat stress...”
- Ensure proper hydration ~ take frequent water breaks & encourage kids to bring water bottles
- Encourage students to wear sunscreen accordingly

Once temperatures reach: 95+ degrees:

- No skin contact exercises on blacktop (pushups, situps, etc.)
- Students will refrain from vigorous/strenuous outdoor activities
- Teachers will ensure proper hydration & sun protection

Spare The Air

- Air Quality 101-150: Unhealthy for Sensitive Groups- “Active children and adults, and people with respiratory disease, such as asthma, should limit outdoor exertion”
 - Modify fitness & runs accordingly
 - Students with respiratory disease will be provided with an alternate activity
- Air Quality 151-200: Unhealthy- “Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.”
 - All activities will be moved indoors