



Heat Stress and Outdoor Activity Protocol

Hot and humid weather is common at the beginning and end of the school year and some days heat stress can reach dangerous levels, particularly for individuals with respiratory or other medical problems. To protect the health of our community, we monitor heat stress levels in Yokohama and directly at school on a daily basis during the hot months and have adopted the following protocol with respect to outdoor activities during and after school.

Monitoring Data and Sources

We monitor the Ministry of [Environment's Heat Stress Index \(WBGT\)](#) for Yokohama, which measures levels at 3-hour intervals. WBGT (Wet Bulb Globe Temperature) is an internationally recognized measure of heat stress in direct sunlight, which takes into account temperature, humidity, wind speed, sun angle and solar radiation. Additionally, we receive any heat stress warnings that are issued by the City of Yokohama's emergency services.

Determining Outdoor Activity Restrictions

To determine the duration of outdoor activity in hot weather during school and after-school activities, we use the [Ministry of Environment's heat stress guidelines](#). If the WBGT reading is equal to or above 28 degrees, outdoor recess and activities should be shortened to 20 minutes or less. In addition, staff will provide periodic water breaks for students during activities. Decisions are made by school principals in consultation with the school nurse.