

EXTREME WEATHER/ENVIRONMENTAL CONDITIONS PROCEDURE

04/23/2018

The Adelson Educational Campus

This school procedure is intended to address environmental conditions that may limit or restrict certain school activities, including physical education, recess, and other outdoor programs.

I. Hot Weather

Prolonged exposure to high air temperatures may cause the body temperatures of people of all ages to rise and produce signs of heat stress, affecting the ability to learn, work, or play. Young children are particularly at risk.

On days in which there is a heat alert, the recommendations of the National Weather Service will be referenced with the following outdoor activity guidelines followed:

Heat Index

<80	No Limitations
80-89	<i>Caution:</i> Fatigue possible with prolonged exposure and/or physical activity. Stay well hydrated—encourage students to drink 10 gulps every 20 minutes.
90-104	<i>Extreme Caution:</i> Sunstroke, heat cramps, and heat exhaustion are possible with prolonged exposure and/or physical activity. Limit strenuous outdoor activity; shorten student's time outdoors, provide shaded play areas. Enforce hydration – drink 10 gulps every 20 minutes.
105-109	<i>Danger:</i> Sunstroke, heat cramps and heat exhaustion or likely. Heat stroke is possible with prolonged exposure and/or physical activity. Lower school outdoor activities cancelled; indoor recess activities. Avoid strenuous outdoor activity. Enforce hydration – drink 10 gulps every 20 minutes.
110+	All nonessential outdoor activities will be cancelled.

Please be aware that Las Vegas has a very dry climate which alters the heat index differently when compared to humid climates.

II. Sun/Ultraviolet Protection

Overexposure to the sun's ultraviolet (UV) rays seriously threatens human health. Children are highly susceptible to harmful UV radiation which can cause sunburn and heat-related illness. Applying sunscreen can be helpful in preventing this.

On days in which there is an ultraviolet (UV) alert, the recommendations of the Environmental Protection Agency (EPA) will be referenced with the following outdoor activity guidelines followed:

UV Index

<2	Exposure category: Low. No limitations.
3 to 5	Exposure category: Moderate. Encourage the use of unscreen SPF 30+* while outside. Stay in shade midday when the sun is strongest.
6 to 7	Exposure category: High. Protection against sunburn is needed. Use precautions when outside between 10:00 a.m. and 4:00 p.m. Use sunscreen SPF 30+*.
8 to 10	Exposure category: Very high. Extra precautions needed; unprotected skin will be damaged and can burn quickly. Try to avoid sun between 11:00 a.m. and 4:00 p.m. Lower school outdoor activities will be shortened. Seek shade and use sunscreen SPF 30+*.
11+	Exposure category: Extreme. Unprotected skin can burn in minutes. Lower school outdoor activities cancelled; indoor recess activities. For essential outdoor activities, seek shade and use sunscreen SPF 30+*.

*In order for teachers to apply sunscreen, consent is required from a parent. For older students, they are permitted and encouraged to carry and apply their own sunscreen.

III. Outdoor Air Quality

Long-term exposure to air pollution can cause serious health problems. Children with known chronic respiratory disease such as asthma, as well as cardiovascular disease, are particularly sensitive to short-term peak concentrations of air pollutants.

On days when there is an air quality alert, the recommendations of the Environmental Protection Agency (EPA) will be referenced with the following outdoor activity guidelines followed:

Air Quality Index

0-50	Good. No limitations.
51-100	Moderate. No limitations.
101-150	Unhealthy for sensitive groups. Limit outdoor activities for students with respiratory or cardiac problems. For longer activities, such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.*
151-200	Unhealthy. Lower school outdoor activities cancelled. Upper school very limited outdoor activities; consider moving longer or more intense activities indoors or reschedule. Watch for symptoms and take action as needed.*

201-300 Very unhealthy. **All nonessential outdoor activities will be cancelled.**
Watch for symptoms and take action as needed.*

*Watch for Symptoms: Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

IV. Other Severe Weather Situations

Thunderstorms

If lightning is seen or thunder is heard, all students and staff shall go inside immediately. During rainstorms and flash flood warnings, students shall remain inside. For athletic practices or events, the coaches and/or athletic director will monitor the proximity of lightning strikes and cancel or postpone events as safety necessitates.

Cold Weather

School staff should take appropriate precautions during cold weather. If a student does not have adequate warm clothing to participate in the outdoor activity, and no clothing is available from the school, the student shall be excused from the activity.

V. Power Failure

In the event of power failure or malfunctioning air conditioning or heating equipment during periods of extreme temperatures, indoor spaces may become uncomfortably hot or cold. The administration shall determine when the indoor temperature is too extreme for student/staff safety and if dismissal or school day adjustment is necessary.

VI. Notification of Weather Alerts

- The school nurse will access the appropriate weather forecast daily by 8:30 a.m. to determine if there are any weather alerts.
- The school nurse will contact the school principals by 9:00 a.m. to provide extreme weather alert information.
- The school nurse will continue to monitor internet weather updates throughout the remainder of the school day for additional alerts.