

Hot Weather Protocol in NIS Primary Years

<ul style="list-style-type: none"> • Heat Index • “Feels Like” • Humidex 	PreK	K1-K2	G1-G5
40-45	<ul style="list-style-type: none"> • 10 minutes outdoor play in the shade • Drink water • Encourage hats • Encourage sunblock 	<ul style="list-style-type: none"> • 15 minutes outdoors at a time • Avoid exertion • Drink one cup of water every 15 minutes • Encourage hats • Encourage remaining in shaded areas • Encourage sunblock 	<ul style="list-style-type: none"> • 20 minutes outdoors at a time • Avoid exertion • Drink one cup of water every 20 minutes • Encourage hats • Encourage remaining in shaded areas • Encourage sunblock
Above 45	Indoor break	Indoor break	Indoor break

Outdoor Play times	PreK	K1-K2	G1-G5
<u>Morning outdoor break times</u>	Teachers' choice, 10 min. max.	M,W,Th 10:25 – 10:40 T 10:15 – 10:30 F 10:45-11:00	M,W,Th 10:20 – 10:40 T 10:10-10:30 F 10:40-11:00
<u>Lunch outdoor break times</u>	N/A	Lunch 1	M,W,Th 13:10 – 13:30 T 12:50 – 13:10 F 13:20 – 13:40

Range of humidex: Degree of comfort

- Less than 29: No discomfort
- 30 to 39: Some discomfort
- 40 to 45: Great discomfort; avoid exertion
- Above 45: Dangerous; Heat stroke possible

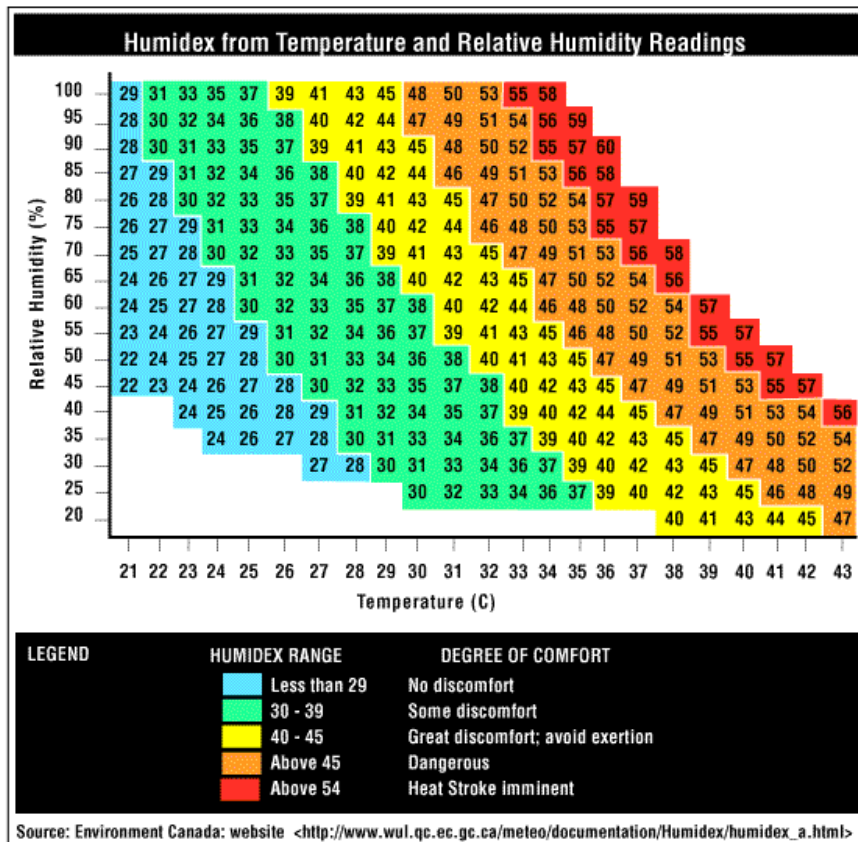
Note:

Heat illnesses include heat stroke, heat exhaustion, heat fainting, heat edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps).

Watch for symptoms of heat illness, which include:

- dizziness or fainting;
- nausea or vomiting;
- headache;
- rapid breathing and heartbeat;
- extreme thirst; and
- decreased urination with unusually dark yellow urine.

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids. Water is best.



Sources:

- https://ec.gc.ca/meteo-weather/default.asp?lang=En&n=6C5D4990-1#heat_and_humidity
- https://www.ccohs.ca/oshanswers/phys_agents/humidex.html
- https://en.wikipedia.org/wiki/Heat_index
- <http://decal.ga.gov/documents/attachments/Weatherwatchchart.pdf>
- <http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-chaleur/index-eng.php#appd3>