

**Lawrence County School System
Coordinated School Health**

Cold Weather Advisory Guidelines for Physical Education & Recess

An important part of the school day is spending time outside. There is no one size fits all guideline that fits every circumstance and condition regarding outside activities during cold weather. Principals should use their discretion and good judgement as to whether or not students will go outside and how long they should remain outside safely. It's very important for children to have daily exercise and fresh air breaks. When children spend time outdoors being physically active, it gives them a needed brief break from the classroom schedule. There are particular times where it is not safe for children to be outside for long periods. Below are guidelines for when recess, physical education/physical activity outdoors should be modified.

The school is to determine who will make judgement calls and decisions regarding outside activity on a daily basis. These decisions may vary from grade to grade.

Considerations that should be made to determine decision:

Temperature
Wind Chill
Age of Students

Length of time outdoors
Adequacy of clothing of children
Condition of the playground

Recess & Outdoor Physical Activity

1. If children are properly clothed, they should be able to play outdoors in most weather conditions. Caution should be used when the temperature is below 40 degrees including the wind chill factor.
2. Children should stay indoors if the temperature or wind chill falls below 35 degrees or below.
3. Students and parents should be made aware of the cold weather guidelines and be reminded to make sure students are dressed appropriately for outdoor cold weather related activities each year. Use the guide below on appropriate clothing needed based on temperature.

Below 60 degrees: Jacket or long sleeves recommended

- a. Below 50 degrees: Coat and long pants recommended
 - b. Below 40 degrees: Coat, long pants, gloves and hat
 - c. Below 35 degrees: Indoor recess or physical activity
4. If a parent requests that the child stay indoors, that request should be honored.
 - a. Students that have asthma may be particularly sensitive to the cold weather. The school and parents will work together to find a realistic solution of when it is appropriate for the student to not participate in outdoor activities due to health.
 5. If you have questions or concerns about how and when weather conditions affect your students or other condition considerations need to be made, please call 931-762-5251 X 119

Note: A Wind Chill Temperature of -25 or colder can freeze exposed flesh.