

## **HEAT & AIR ADVISORY BULLETIN**

### **SAFETY & RISK SERVICES**

**TO:** All District Administrators

**Re-Issue Date:** August, 2012

**ATTENTION:** All Teaching Staff, District Nurses, Site Health Clerks, Coaches

**FROM:** Geneva Krag, Risk Manager

**SUBJECT:** GUIDELINES for Responding to Unhealthy Air or High Heat Conditions

**REFERENCE:** Board Policy 5141.7

The following **guidelines** for responding to high heat conditions or unhealthy air alerts have been developed. These Guidelines are not to be considered exhaustive. **Reason and good judgment** must be used at each site to protect students.

***High Heat Conditions*** – Each site should have a person designated to read the outside temperature periodically on days of anticipated high heat; or to go to <http://weathercurrents.com/lakeelsinore/> to find out current conditions and anticipated weather conditions for our area. The [Weather Channel](#) web site for Lake Elsinore will list the temperature and use the humidity factor to show what the weather “feels like.” High School athletic departments have sling psychrometers to measure actual temperature and humidity factor at time and field of play or practice. Smog alerts and air quality index information is available through the [South Coast AQMD](#) web site.

When temperatures are between 85 and 95 degrees the principal or designated person shall evaluate conditions related to temperature such as shade structures, breeze factors, humidity, and pollutants. With direct sun, certain areas of the school site (i.e. blacktop or concrete areas) may increase heat exposure. The principal or his/her designee shall make a decision regarding a reduction in physical activities for the students.

When temperatures are 95 degrees or above the principal or his/her designee shall notify teachers and institute a reduction in exposure to the sun and outdoor physical activities. Outdoor physical activities should be limited to non-strenuous activities. Lunch should be provided under shade structures or in an air-conditioned building, with limited time given for free outdoor play. Teachers should encourage students to wear light clothing, remain in designated areas, reduce running/exertion activities, participate in “quiet” play, and drink large amounts of liquids.

Dr. Doug Kimberly, Superintendent

Staff members should observe all students for symptoms of overheating. Students with special health issues affected by heat (i.e. asthma, cancer, heart or lung disease, high blood pressure) shall be identified at the site and given special consideration by school personnel.

Signs or symptoms of heat exhaustion include body cold, skin clammy; ashen colored skin; physical exhaustion; dilated pupils; normal or subnormal temperature. If a student becomes overheated, he/she should be placed in a cool room, provided a cool cloth to the head, and offered cool liquids (preferable sports-type drink or juice, both of which contain some salt).

**Call 911** for any student with the following signs or symptoms of **heat stroke**; body hot, skin hot, red and dry; irritability; pupils constricted; temperature elevated; pulse rapid and strong.

***Unhealthy Air (Smog) Alerts*** – Unhealthy air (smog) episodes are defined as those identified and called by the South Coast Air Quality Management District (SCAQMD) when the ozone level ranges on an hourly average between 138 and 500 on the Pollutant Standards Index (PSI). Each site should have a designated person periodically evaluate the conditions related to unhealthy air on days when an Unhealthy Air Alert is anticipated. The ozone level ranges for our region can be obtained by visiting the following site; <http://ozone.aqmd.gov/smog/area24.shtml> or calling (800) 288-7664.

The following chart developed by the SCAQMD shows the various levels of smog episodes that are reported for the pollutant ozone. The protective actions listed will help reduce exposure to unhealthful levels of ozone. **Generally, in the event of an unhealthy air alert, outdoor activities should be scheduled for hours outside the peak period of ozone pollution.**

**Any student with heart or lung problems** should be excused from participation in strenuous PE activities and provided with a modified (non-strenuous) program whenever PSI ratings are above 138. Some students may also need a modified program when ratings are 100, which exceeds the federal clean air standard.

Health Categories	Ozone	Very Small Particles (PM2.5)	Small Particles (PM10)	Carbon Monoxide (CO)
<b>VERY UNHEALTHY (201 to 300)</b>	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion (participation in strenuous sports activities or exercise); everyone else, especially children, should limit outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with respiratory disease, such as asthma, should avoid any outdoor activity; everyone else, especially the elderly and children, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.
<b>UNHEALTHY (151 to 200)</b>	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.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.	People with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else, especially the elderly and children, should limit prolonged outdoor exertion.	People with cardiovascular disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.
<b>UNHEALTHY FOR SENSITIVE GROUPS (101 to 150)</b>	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.	People with respiratory disease, such as asthma, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.
<b>MODERATE (51 TO 100)</b>	Unusually sensitive people should consider limiting prolonged outdoor exertion	None	None	None
<b>GOOD (0 to 50)</b>	None	None	None	None

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