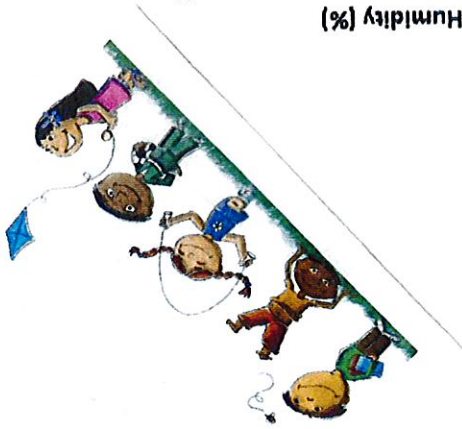
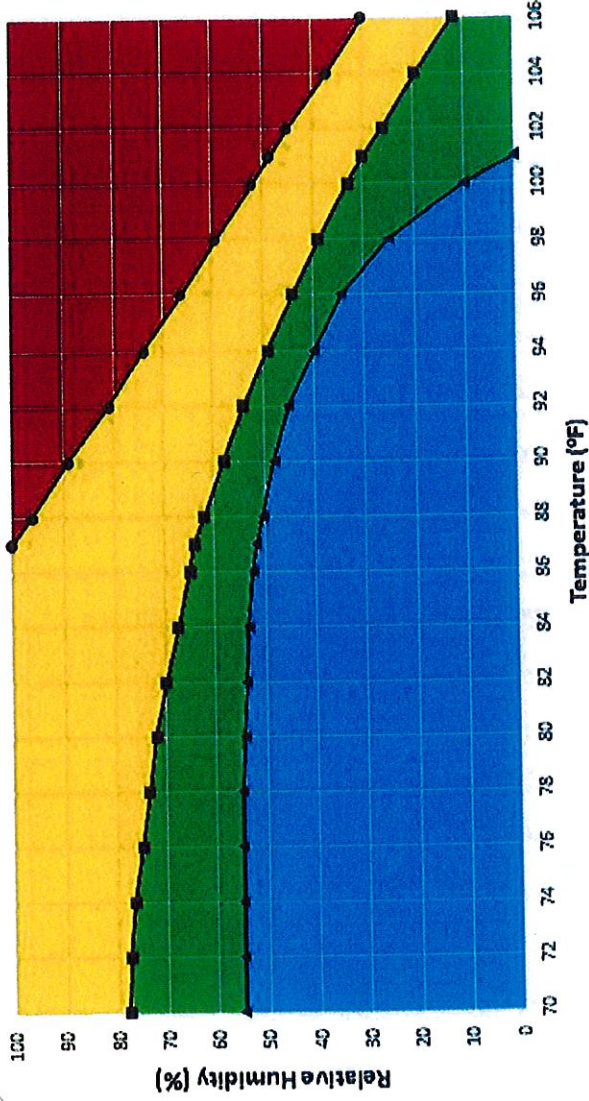




Physical Education Classes and Extra-Curricular Activities

HEAT STRESS RISK TEMPERATURE AND HUMIDITY GRAPH



Blue/Regular Activity **Green/Moderate Activity** **Yellow/Limited Activity** **Red/No Outside Activity**

Heatstroke risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all activities and scheduled more frequently as the heat stress rises. Add 5 degrees to temperature between 10 am and 4 pm from May 1st to October 1st on bright, sunny days. Activities should be modified for the safety of the students to reflect the heat-stress conditions. Regular activities with students can be conducted for conditions that plot in the **Blue Area**.

Conditions that plot in the **Green Area**: increase rest-to-participation ratio with 5 to 10minute rest and fluid breaks every 20 to 30 minutes.

Conditions that plot in the **Yellow Area**: increase rest-to-participation ratio with 5 to 10minute rest and fluid breaks every 15 to 20 minutes.

Conditions that plot in the **Red Area**: **NO OUTSIDE ACTIVITIES AT ALL.**