



Chandler Unified School District #80

Heat Index Guidelines

Purpose

The Chandler School District is committed to protecting the health and safety of our students and staff. Chandler provides various opportunities for outdoor physical activities before, during and after school. These guidelines are meant to promote student and staff safety when local weather may be detrimental to their health. Heat-related conditions are preventable. Children do not adapt to extreme temperatures as effectively as adults for the following physiological reasons:

- Higher surface area-to-body mass ratio than adults allow a greater amount of heat to transfer from the environment to the body
- During physical activity children produce more metabolic heat than adults
- Sweating capacity is considerably lower in children than adults reducing the ability to dissipate body heat by evaporation

Guidelines

When excessive heat occurs, the following precautions are to be taken for all outdoor physical activity, including, but not limited to recess, physical education classes and field trips. The HEAT INDEX is a relationship between temperature and relative humidity. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation or perspiration. As the heat index rises, so do the health risks such as dehydration, heat exhaustion and heat stroke.

During the school year on days that exceed 95 degrees or above, a district designee will post that days heat index on the health services website (<https://www.cusd80.com/Page/455>) by 8 a.m.

Once the heat index is posted, the heat index guidelines will be put into place and all schools will limit outdoor activities for the entire day according to the attached colored graph.

*Each site administration is responsible for using these guidelines to their discretion.

Determining the Heat Index

1. Temperature and relative humidity data will be obtained from **accuweather.com**
2. Click **Chandler AZ local weather** and enter centralized district zip code **85286**
3. Click **See Hourly** and obtain the predicted temperature and predicted relative humidity during school hours at 2:00 pm.
4. Calculate the heat index using the AZDHS Heat Index Chart.

Extreme Danger
 Danger
 Extreme Caution
 Caution
 Most common in AZ

°F	RELATIVE HUMIDITY (%)																				
	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
140	125																				
135	120	128																			
130	117	122	131																		
125	111	116	123	131	141																
120	107	111	116	123	130	139	148														
115	103	107	111	115	120	127	135	143	151												
110	99	102	105	108	112	117	123	130	137	143	150										
105	95	97	100	102	105	109	113	118	123	129	135	142	149								
100	91	93	95	97	99	101	104	107	110	115	120	125	132	138	144						
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	72

Heat Index: 130+ degrees F
Health Effect: Heatstroke/sunstroke is highly likely with continued exposure
Recommendations: Avoid strenuous outdoor activity. Stay indoors in an air conditioned facility. Stay well-hydrated. Drink 10 gulps every 20 minutes. Check on your family, friends, and neighbors.

Heat Index: 105-129 degrees F
Health Effect: Sunstroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity
Recommendations: Avoid strenuous outdoor activity; Stay indoors in an air conditioned facility; Stay well-hydrated. Drink 10 gulps every

Heat Index: 90-104 degrees F
Health Effect: Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity
Recommendations: Limit strenuous outdoor activity; Limit your time outdoors; Stay well-hydrated. Drink 10 gulps every 20 minutes.

Heat Index: 80-89 degrees F
Heat Effect: Fatigue is possible with prolonged exposure and/or physical activity
Recommendations: Limit your time outdoors; Stay well-hydrated. Drink 10 gulps every 20 minutes.

