

# Humble ISD Elementary School

## Hot Weather Guidelines Chart

Humble ISD Hot Weather Guidelines		
<u>Restrictions</u>	<u>Temperature</u>	<u>Heat Index</u>
NORMAL	93	<101
CAUTION	94-98	102-106
DANGER	>99	>107



**Normal-** No limitations, children may play outdoors with unlimited access to water and shade.



**Caution-** Unlimited access to water and more frequent breaks with less exposure to direct sunlight, students need to limit outside play to 30 minutes or less.



**Danger-** No outdoor activities are permitted until the temperature/heat index reaches allowable levels.

Outdoor Activities include but are not limited to:  
PE, Recess, Field Trips, Field Day, etc.

\*Check temperatures by using Accuweather App or Accuweather.com looking at the RealFeel® reading. The AccuWeather RealFeel® uses multiple factors including the temperature, humidity, cloud cover, sun intensity, and wind to explain how hot it feels outside.\*

**Campus safety liaison will monitor weather and work with building principal to follow hot weather guidelines**

# Humble ISD Middle School

## Hot Weather Guidelines Chart

Humble ISD Hot Weather Guidelines: Outdoor Activities		
<u>Restrictions</u>	<u>Temperature</u>	<u>Heat Index</u>
Normal	99	<105
Caution	100-102	106-112
Caution With Restrictions	103-105	113-119
Danger	106	>120

Humble ISD Hot Weather Guidelines: Athletic Competitions		
<u>Restrictions</u>	<u>Temperature</u>	<u>Heat Index</u>
No Restrictions	<105	<106
Activity Canceled	>106	>120

### NORMAL

**AT A DRY BULB TEMPERATURE OF 99\* OR LESS OR A HEAT INDEX OF 105 OR LESS:**  
 Normal practice conditions with usual breaks, unlimited access to water. (Usual observations & precautions)

### CAUTION

**AT A DRY BULB TEMPERATURE OF 100\* - 102\* OR A HEAT INDEX OF 106 - 112:**  
 Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.

### CAUTION WITH RESTRICTIONS

**AT A DRY BULB TEMPERATURE OF 103\* - 105\* OR A HEAT INDEX OF 113 - 119:**  
 Student may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours. (FB-Helmets only)

### DANGER

**AT A DRY BULB TEMPERATURE OF 106\* OR GREATER ALL OUTDOOR ACTIVITIES ARE SUSPENDED.**  
 (practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)

**During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.**

\*Coaches should talk with their athletic trainers if available or check temperatures by using Accuweather App or Accuweather.com looking at the RealFeel® reading. The AccuWeather RealFeel® uses multiple factors including the temperature, humidity, cloud cover, sun intensity, and wind to explain how hot it feels outside.\*

# Humble ISD High School

## Hot Weather Guidelines Chart

Humble ISD Hot Weather Guidelines: Outdoor Activities		
<u>Restrictions</u>	<u>Temperature</u>	<u>Heat Index</u>
Normal	99	<105
Caution	100-102	106-112
Caution With Restrictions	103-105	113-119
Danger	>106	>120

Humble ISD Hot Weather Guidelines: Athletic Competitions		
<u>Restrictions</u>	<u>Temperature</u>	<u>Heat Index</u>
No Restrictions	<105	<106
Activity Canceled	>106	>120

### NORMAL

**AT A DRY BULB TEMPERATURE OF 99\* OR LESS WITH A HEAT INDEX OF 105 OR LESS**

Normal practice conditions with usual breaks, unlimited access to water. (Usual observations & precautions)

### CAUTION

**AT A DRY BULB TEMPERATURE OF 100\* - 102\* OR A HEAT INDEX OF 106 - 112:**

Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.

### CAUTION WITH RESTRICTIONS

**AT A DRY BULB TEMPERATURE OF 103\* - 105\* OR A HEAT INDEX OF 112 - 118:**

**-VARSITY Programs** may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours.

**-SUB-VARSITY Programs** may practice 30 minutes outside with remainder of practice inside. Total practice time (indoor and outdoor inclusive) will not exceed two hours.

### DANGER

**AT A DRY BULB TEMPERATURE OF 106\* OR GREATER ALL OUTDOOR PRACTICE IS SUSPENDED.** (practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)

**During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.**

\*Activity leaders should talk with their athletic trainers to determine any modifications to outdoor activities or athletic competitions\*

## HUMBLE ISD EXTREME HEAT GUIDELINES

<b>NORMAL</b>	<p><b>AT A DRY BULB TEMPERATURE READING OF 99* OR LESS WITH A HEAT INDEX OF 105 OR LESS:</b> Normal practice conditions with usual breaks, unlimited access to water. (Usual observations &amp; precautions)</p>
<b>CAUTION</b>	<p><b>AT A DRY BULB TEMPERATURE READING OF 100* - 102* OR A HEAT INDEX OF 106 - 112:</b> Students will continue to be given unlimited access to water and more frequent breaks and less exposure to direct sunlight.</p>
<b>CAUTION WITH RESTRICTIONS</b>	<p><b>AT A DRY BULB TEMPERATURE READING OF 103* - 105* OR A HEAT INDEX OF 112 - 118:</b> <b>VARSITY PROGRAMS</b> may practice 30 minutes outdoors / 30 minutes indoors alternately with total outdoor practice time not to exceed one hour, and total practice time (indoor and outdoor inclusive) not to exceed two hours. <b>SUB-VARSITY PROGRAMS</b> may practice 30 minutes outside with remainder of practice inside. Total practice time (indoor and outdoor inclusive) will not exceed two hours.</p>
<b>DANGER</b>	<p><b>AT A DRY BULB TEMPERATURE READING OF 106* OR GREATER ALL OUTDOOR PRACTICE IS SUSPENDED.</b> (Practice may be moved inside or resumed later in the evening when dry bulb and heat index reach allowable levels.)</p>

During outdoor athletic competitions anytime, the temperature is between 105 and 106 or heat index is between 106 and 120 the coaches, officials, and athletic trainers will discuss adding in allotted time/ timeouts for increase heat breaks and water breaks.

		TEMPERATURE																				
RH %	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199	ALL OUTDOOR ACTIVITIES SUSPENDED DUE TO DRY BULB EXTREME HEAT					
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190						
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180						
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171						
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163						
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155						
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148						
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141						
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135						
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129						
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123						
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118						
30	89	91	92	93	95	96	98	99	101	102	104	106	108	110	112	114						
25	87	88	90	91	92	93	94	96	97	99	100	101	103	104	106	108						