



CPS Recess Weather Guidelines

Ideally, recess should take place outdoors on school grounds as weather, space and safety permit. Outdoor recess allows children to get fresh air, provides an opportunity for children to engage in moderate to vigorous physical activity and gives students more activity options than most indoor spaces. Outdoor recess is an important part of a child's school day and schools are highly encouraged to provide students with the opportunity to play outside whenever possible. Use the following guidelines provided by the district to determine whether recess is held indoors or outdoors each day:

Cold Weather Guidelines:

Weather:	Recess Held:
Above 32 °F with or without wind chill	Outdoors
15 F to 32 °F with or without wind chill	Principal Discretion
Below 15 °F with or without wind chill	Indoors

Schools should exercise the following precautionary measures if holding recess outdoors:

Precipitation: snow and icy conditions should be evaluated for student safety and attire

Student preparedness: students should have appropriate outdoor attire to stay warm and dry during recess

Playground safety: the playground equipment and surface (i.e., icy conditions) should be evaluated to determine whether students can safely play outdoors

***"With or without wind chill" means how cold it feels, whether it is caused by wind chill or not. For example, if the straight temperature reading is 10 degrees or if it's 20 degrees with a wind chill of 10 degrees, recess should be held indoors.

Warm Weather Guidelines

Weather:	Recess Held:
Heat index of 90 °F or below	Outdoors
Heat index between 91 °F and 94 °F	Principal discretion
Heat index above 95 °F	Indoors in a cool location

Schools should exercise the following precautionary measures if holding recess outdoors:

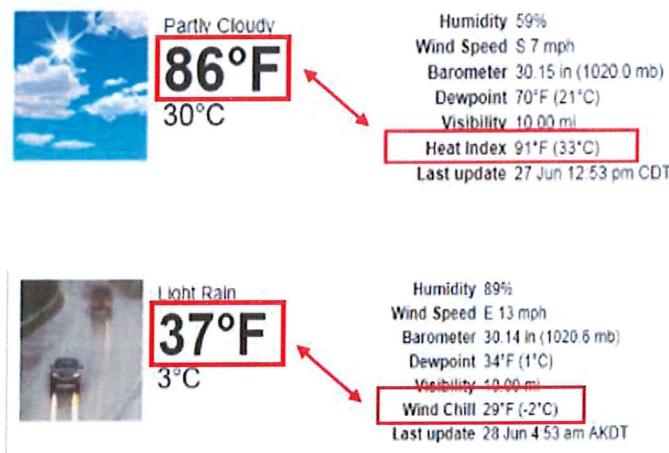
Activity level: students should participate in only light to moderate physical activity

Student preparedness: students should wear appropriate attire during warm weather. It is recommended that students wear sunscreen when outdoors.

Playground equipment: the playground equipment and surfaces should be checked prior to recess. Supervisors should ensure that students do not play on equipment that is extremely hot to the touch.

CPS Recess Weather Guidelines Cont.

Where to check? www.weather.gov



ISBE Child Care Weather Watch

Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- 20° to 0° is *bitter cold* with significant risk of *frostbite*
- 20° to -60° is *extreme cold* and *frostbite* is likely
- 60° is *frigid* and exposed *skin will freeze* in 1 minute

Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Wind-Chill Factor Chart (in Fahrenheit)											
Air Temperature	Wind Speed in mph										
	Calm	5	10	15	20	25	30	35	40		
40	40	36	34	32	30	29	28	28	27		
30	30	26	21	19	17	16	15	14	13		
20	20	13	9	6	4	3	1	0	-1		
10	10	1	-4	-7	-9	-11	-12	-14	-15		
0	0	-11	-16	-19	-22	-24	-26	-27	-29		
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43		

Comfortable for out door play

Caution

Danger

Heat Index Chart (in Fahrenheit %)											
Air Temperature (F)	Relative Humidity (Percent)										
	40	45	50	55	60	65	70	75	80	85	90
80	80	80	81	81	82	82	83	84	84	85	86
84	83	84	85	86	88	89	90	92	94	96	98
90	91	93	95	97	100	103	105	109	113	117	122
94	97	100	103	106	110	114	119	124	129	135	
100	109	114	118	124	129	130					
104	119	124	131	137							

BENEFITS OF OUTDOOR RECESS

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Playground equipment:

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Water access:

Students should have access to water before and/or after recess. Additionally, students who show any signs of heat exhaustion or heat-related illness (i.e., heavy sweating, weakness, muscle cramps, nausea, weak pulse, clammy skin, etc.) should be provided with immediate access to water.

Other Warm Weather Days Considerations:

All recess supervisors should be aware of medical conditions, such as asthma, diabetes, epilepsy, allergy and medications, especially on warm weather days, as medical conditions may put a student at a higher risk for heat illness. On warm weather days, schools should designate a shaded area as a cool down area for students who need a break from exposure or activity. Supervisors should also perform well-being checks by asking students how they feel; those feeling weak, dizzy or nauseous, sweating heavily, or experiencing cramps should get water and take a break in a cool down area.