



## SCHOOL LEADER

# HEAT ADVISORY PROTOCOL

The safety of our students is our top priority. During hot weather, it is important to take precautions to prevent heat-related illnesses.



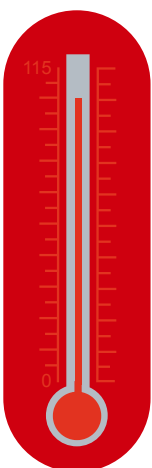
### RED ZONE

### ORANGE ZONE

### GREEN ZONE

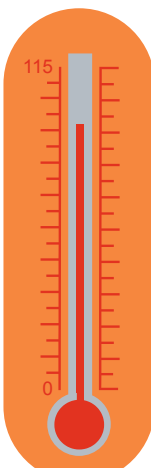
#### HEAT INDEX

The heat index is a measure of how hot it feels when the temperature and humidity are combined. A heat index of 95 degrees or higher is considered **DANGEROUS**



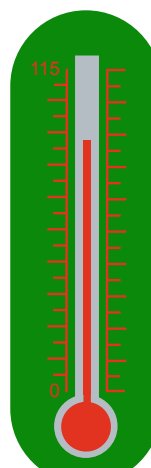
#### NO OUTSIDE ACTIVITIES

NO OUTSIDE SPORTS  
AND RECESS



#### LIMITED OUTSIDE ACTIVITIES

LIMITED OUTSIDE  
ACTIVITIES & MANDATORY  
WATER BREAKS



#### STANDARD PROTOCOL

STANDARD RECESS &  
SPORT PROCEDURES

# TAKE PRECAUTION

## Heat Exhaustion

#### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy  
Sweating

Nausea

Weakness



Confusion

Dizziness

Becomes  
Unconscious

#### ACT FAST

### CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

## PRINCIPAL HEAT ADVISORY PROTOCOL

For students with **chronic health conditions**, such as heart disease or asthma, it is especially important to take precautions during hot weather.

Be mindful of **access to cooler areas** away from blacktops such as grass and covered areas



If a student is showing **signs of heat stress**, such as dizziness, nausea, or confusion, they should be taken to a cool, shady area and given fluids. If their condition does not improve, they should seek medical attention.

If the heat index is expected to reach dangerous levels, **principals should remain on high alert** for district protocol communication.

1

### PREPARE FOR DISTRICT NOTIFICATION

Campus leaders **will be notified** when to enact heat advisory protocols due to extreme temperatures.

2

### REINFORCE HEAT ADVISORY GUIDELINES

- Allow students to bring a water bottle.
- Frequent hydration breaks.
- Commensurate restroom breaks associated with hydration breaks.
- A brief cooling down period before entry into the classroom after outdoor activities.

3

### CAMPUS CONTINGENCY PLAN

Make sure your campus has **contingency plans in place** in the event buses are impacted by extreme weather or other extenuating circumstances.

4

### Athletics should follow the University Interscholastic League (UIL) health and safety recommendations

Heat stress problems can be controlled provided certain precautions are taken. The **UIL practices and precautions** are recommended.