

MURFREESBORO CITY SCHOOLS ADMINISTRATIVE DIRECTIVES

Descriptor Term: Recess in Extreme Conditions	Descriptor No: AD STU46	Effective Date: 11/05/21
	Revised:	

1 Time spent outdoors is an important part of the school day. Children should be exposed to fresh air and
2 exercise. Time spent outdoors allows students an opportunity to engage in activities that allow them to relax
3 from the structure of the classroom for a short while. However, there are times when it is not safe for
4 students to be outside. Please use the guidelines below as a guide for when school recess and other outdoor
5 physical activity should be modified.

6 Heat Advisory Guidelines for Recess

7 Conditions that should be considered in the determination:

- 8 Temperature
- 9 Humidity
- 10 Heat Index
- 11 Age of Students
- 12 Length of time outdoors
- 13 Adequacy of clothing of the children
- 14 Condition of the playground

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- 16 1. When the temperature index reaches 95 degrees or above, principals should provide for an inside
17 physical activity in an air-conditioned environment.
- 18 2. Teachers should provide students a water break before and after recess.
- 19 3. Teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy (seizure),
20 allergy, medications, etc. which puts students at a high risk of illness. These conditions could be
21 intensified if exercising in hot weather; however, there is no reason to limit students' participation,
22 unless a known risk is obvious, or the parent has advised the school that their child should not
23 participate.

24 Cold Weather Advisory Guidelines for Recess

25 Conditions that should be considered in the determination:

- 26 Temperature
- 27 Wind Chill
- 28 Age of Students
- 29 Length of time outdoors
- 30 Adequacy of clothing of the children
- 31 Condition of the playground

- 1 1. Elementary school-aged children can participate in safe, vigorous play in an outdoor environment
2 in most weather conditions. Increased caution should be practiced when temperatures reach below
3 40 degrees including the *wind chill* factor.
- 4 2. When temperature and wind chill falls below 32 degrees including the wind chill, students are kept
5 indoors.
- 6 3. Each year students and parents should be informed of the school’s cold weather guidelines, along
7 with reminders about the necessity of wearing appropriate clothing for cold weather activities.
- 8 4. Temperature considerations and proper clothing:
 - 9 a. Below 60 degrees jacket or long sleeves recommended
 - 10 b. Below 50 degrees coat and long pants recommended
 - 11 c. Below 40 degrees gloves and hats with previously recommended gear necessary
 - 12 d. Below 35 degrees indoor recess or physical activity

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14 Note: A Wind Chill Temperature of -25 or older can freeze exposed flesh.

15 **Air Quality Guidelines for Outdoor Recess**

16 Please use the AirNow.gov link to check air quality conditions.

17 <https://www.airnow.gov/?city=Murfreesboro&state=TN&country=USA>

18 Use indoor recess or physical activity when the air quality range reaches the red range or above. However,
19 be mindful of sensitivities such as asthma for the yellow and orange range.

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21 Board Policy 6.400