



## Cold Weather Guidelines

### Supervisor Responsibilities During Cold Weather

Supervising Staff at each school must use good judgment to keep students safe during cold weather, following established procedures for different temperatures and wind chills. They should consider individual student needs, especially health issues or inadequate clothing. If needed, supervisors must implement shorter outdoor periods according to guidelines and communicate clearly to maintain student safety and comfort. Supervision by school district personnel begins at 7:30 am until 4:00 pm in our facilities.

**See wind chill chart below or click link [https://www.weather.gov/arx/wind\\_chill](https://www.weather.gov/arx/wind_chill)**

### Guidelines for Cold Weather Conditions

Supervising Staff should monitor temperature and wind chill to ensure student safety. If temperatures fall to 20°F or lower, outdoor time before school, at recess, and at noon may be limited as necessary. Ensuring the well-being of these students is essential during periods of extreme cold.

### Special Arrangements for Cold Weather and Extreme Conditions

Students with health issues or insufficient clothing may need extra protection or alternative arrangements in cold and extreme weather. Please provide a licensed medical professional recommendation in writing for arrangements to be made.

### Wind Chill Factor at or Below 0°F

If wind chill is 0°F or lower, supervisors shall keep students indoors to ensure their safety and comfort. Outdoor activities should be minimized in these conditions.

### Temperature at or Below 0°F

When temperatures hit 0°F or below, all students shall stay inside. Any exceptions must consider exposure time and clothing adequacy, with extra care for students who have health issues that cold may worsen.

### Cold Weather Precautions for Parents

To ensure your child's safety and comfort during cold weather, it is important to follow several key precautions. Dressing appropriately and knowing how to respond to signs of cold-related health issues are essential steps in protecting children from the risks associated with low temperatures and wind chill. **Schools provide supervision and open doors for students to be inside by 7:30 am.**

## Proper Clothing for Cold Weather

Dress your child warmly by layering their clothing. Layers help trap body heat and provide better insulation against the cold. Make sure that ears, fingers, legs, and toes are well covered with hats, gloves or mittens, pants, and socks, as these areas are most susceptible to cold exposure. If any clothing becomes wet, especially socks and mittens, change it promptly to prevent loss of body heat and discomfort.

## Limiting Outdoor Exposure

Limit the amount of time your child spends outdoors as much as possible during cold weather. Reducing outdoor activities helps minimize the risk of cold-related health problems, especially when temperatures are low or wind chill is significant.

## Recognizing and Preventing Cold-Related Injuries

Be vigilant for early signs of frostnip and frostbite. Teach your child what symptoms to look out for, such as numbness, tingling, or discoloration of the skin. Early detection is crucial to prevent more serious cold injuries.

## Special Considerations for Children with Asthma

If your child has asthma, additional precautions may be necessary. To help prevent an asthma attack triggered by cold air, ensure your child uses a face mask or scarf to cover their mouth and nose. This helps warm the air before it is inhaled and reduces the risk of breathing difficulties.



### National Weather Service Wind Chill Chart



		Temperature (°F)																	
Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

#### Frostbite Times

■ 30 minutes ■ 10 minutes ■ 5 minutes