



Commerce ISD Coordinated School Health Cold Weather Advisory Guidelines for Physical Education and Recess Time

Times spent outdoors is an important part of the school day. It is difficult to set guidelines that fit every circumstance and condition in regards to outside activities during cold weather. Principals are advised to use their discretion and good judgments as to whether or not students will go outside, as well as, the duration of the outside activity

During times of excessive cold weather, the following precautions will be taken for all outdoor physical education classes, and/or outdoor field trips. Staff should be aware of the wind chill factor and take appropriate precautions during cold weather. If a student does not have adequate warm clothing to participate in the outdoor activity, such clothing should be provided or the student excused from the activity. Students should not have recess or Physical Education classes outside when the temperature or wind chill factor drops below 32°F (including windchill factor). On days when the temperature is unseasonably cold, outside recess should be limited to no more than 15-20 minutes.

Temperatures, and humidity may be obtained from:

<http://weather.gov> (National Weather Service)

<http://weather.com>

<http://wunderground.com>

Additional recommendations/considerations include:

Between 25 and 40 degrees, children should wear:

Winter coat

Closed shoes and socks

Stocking caps and gloves are recommended

Between 41 and 50 degrees, children should wear:

Winter coat or

heavy jacket over long sleeved clothing

Closed shoes

Stocking caps and gloves are optional

Between 51 and 60 degrees, children should wear:

Winter coat or heavy jacket or sweatshirt/hoodie

Closed shoes

Commerce Independent School District

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