

Extremely cold weather can be very dangerous.

Watching the weather is part of an ECE/School's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require child care providers to monitor the health and safety of children.

During cold weather, the decision for outside recess or PE should be based on weather factors such as wind chill, snow, rain, cloud cover, wind, etc. to determine whether or not it will be beneficial for children to go outside.

Follow these procedures for cold temperatures and/or wind chill advisory:

Understanding Wind-Chill

- 30° is **chilly** and generally uncomfortable
- 30° to 15° is **cold**
- 15° to 0° is **very cold**
- 0° to -20° 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 one minute

	Wind-Chill Factor Chart (in degrees Fahrenheit)								
	Wind Speed in mph								
	Calm	5 mph	10 mph	15 mph	20 mph	25 mph	30 mph	35 mph	40 mph
40°	40°	36°	34°	32°	30°	29°	28°	28°	27°
30°	30°	25°	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 outdoor play ■ Caution ■ Danger

When is it too cold to play outside?

Condition Green: Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen.

Condition Yellow: Use caution and closely observe children for signs of being too cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

Condition Red: Most children should not play outdoors due to the health risk.

Understanding the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.



Tips for Parents

- **Clothe** children to maintain a comfortable body temperature (in colder months, wear layers of clothing).
 - Parents and guardians should be certain that their children are appropriately clothed with mittens, hats, coats, etc., so they can be comfortable both inside and outside. Most days your student is going outside for some period of time either at recess, PE or traveling to/from school.
- **Sunscreen** may be used year around (yes, sunscreen should be worn in the winter, especially if there is snow on the ground as the reflected sunrays can cause sunburn). Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection.
- **School closure** due to inclement weather or extreme temperatures is based on a combination of temperature, weather conditions, and condition of roads. Remember, weather conditions change rapidly in the early morning hours, which could cause a decision to be made at a later time.