

CPS RECESS WEATHER GUIDELINES

Outdoor recess allows children to get fresh air, provides an opportunity for children to engage in moderate to vigorous physical activity and gives students more activity options than most indoor spaces. Recess Weather Guidelines are as follows:

Cold Weather Guidelines

Weather	Recess Held:
Above 32°F with or without wind chill	Outdoors
15°F to 32°F with or without windchill	<p>Principal Discretion based on the following:</p> <ul style="list-style-type: none"> · Precipitation: Snowy and icy conditions should be evaluated for student safety and attire. · Student preparedness: Students should have appropriate outdoor attire to stay warm and dry during recess. · Playground safety: The playground equipment and surface (i.e., icy conditions) should be evaluated to determine whether students can safely play outdoors.
Below 15°F with or without windchill	Indoors

Warm Weather Guidelines

Weather	Recess Held:
Heat index of 90°F or below	Outdoors
Heat index between 91°F and 94°F	<p>Principal discretion. However, schools should exercise the following precautionary measures if holding recess outdoors:</p> <ul style="list-style-type: none"> · Activity level: Students should participate in only light to moderate physical activity. · Student preparedness: Students should wear appropriate attire during warm weather. It is recommended that students wear sunscreen when outdoors. · Playground equipment: The playground equipment and surfaces should be checked prior to recess. Supervisors should ensure that students do not play on equipment that is extremely hot to the touch. · Water access: Students should have access to water before and/or after recess. Additionally, students who show any signs of heat exhaustion or a heat-related illness (i.e., heavy sweating, weakness, muscle cramps, nausea, weak pulse, clammy skin, etc.) should be provided with immediate access to water.
Heat index above 95°F	Indoors in a cool location

Space and Equipment

Ideally, recess should take place outdoors on school grounds as weather, space and safety permit. In all cases, the school administration must consider the safety of children during recess. Schools can utilize playgrounds as well as pavement and grass spaces on school grounds.