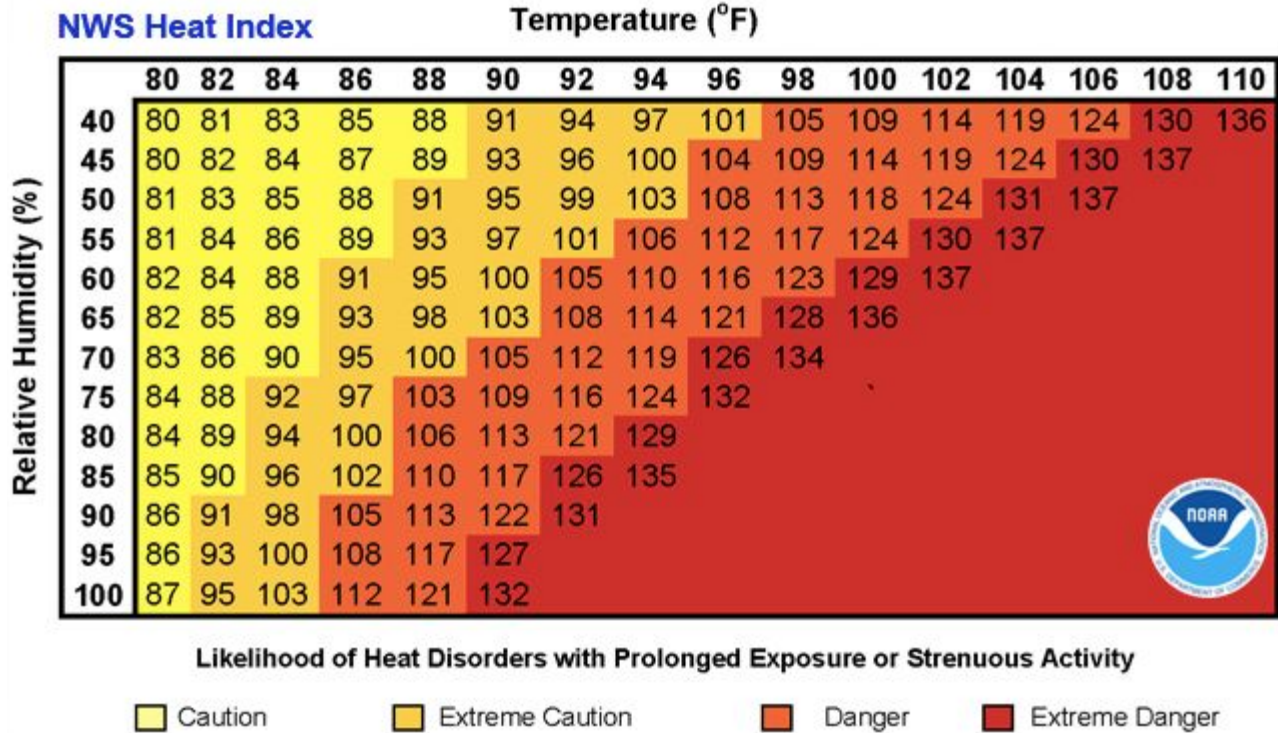




All schools seek to create a safe environment in which students can learn and grow. During the warmer months of the year, schools should use caution with outdoor activities. The guidelines below are intended to help schools make positive decisions around student safety with outdoor activities. For symptoms of heat-related illness, please review the NC Emergency Guidelines for Schools.



When reading this chart, consider the following:

<b>CAUTION</b>	Observe students or staff members susceptible to heat illness. Water should be readily accessible to everyone (Recommended 5 minute water breaks every 25 minutes)
<b>EXTREME CAUTION</b>	Observe students or staff members susceptible to heat illness. Water should be readily accessible to everyone. (Recommended 5 minute water breaks every 20 minutes)
<b>DANGER</b>	All students and staff going outdoors must be under constant supervision. Breaks from physical activities must be taken every 20-30 minutes with water readily accessible to everyone. Fluid replacement is vital! (Recommended 5 minute water breaks every 20 minutes)
<b>EXTREME DANGER</b>	Postponing outdoor physical activities or moving physical activities to air-conditioned indoor settings is recommended for all students and staff.

**Questions?**

If you have questions about health and safety for general school activities, please contact Director of Health Services Kelly Creech ([kcreech@wcpss.net](mailto:kcreech@wcpss.net), (919) 856-8145). Additional guidelines should be referenced for athletic activities. See [this link for Heat Guidelines](#) from the NCHSAA. Schools can contact Director of Athletics Deran Coe ([dcoe@wcpss.net](mailto:dcoe@wcpss.net), (919) 533-7708) for more information.