
FRESNO COUNTY SUPERINTENDENT OF SCHOOLS

Students
WEATHER SAFETY

Extreme weather includes heat waves, poor air quality, excessive precipitation, floods and other weather occurrences unusual for the region that may pose significant harm to pupils. To proactively monitor extreme weather and provide guidance for outdoor school related activities in accordance with CA Ed Code §33355 the procedures outlined below should be followed.

Monitoring tools are available through various local agencies. These monitoring tools provide timely access to weather-related information and suggested actions for different levels of extreme weather.

If extreme weather prevents students from participating in outdoor activities, alternate indoor locations may be used when appropriate.

In the event of extreme weather where activities need to be cancelled or moved indoors the school site will use existing communication tools to alert students, employees and parents.

Extreme Heat Procedures:

Employees will be assigned to complete Heat Illness Prevention training in the Keenan Safe Schools Module. This training identifies the signs of heat illness and how to recognize and treat the more dangerous outcome of heat exposure.

Outdoor Activity Acclimatization

Heat acclimatization is crucial for students and employees to help adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization for outdoor activities:

1. Gradual Increase in Activity:
 - a. Start with light activities in cooler conditions to prepare for increased heat exposure.
 - b. Gradually increase the intensity and duration of outdoor activities over 10-14 days.
2. Hydration Education:
 - a. Aforementioned training reviews the importance of staying hydrated and recognizing signs of dehydration.
 - b. Encourage regular water breaks and always provide access to water.
3. Modify Schedules:
 - a. Schedule outdoor activities during cooler times, like early morning or late evening.
 - b. Allow frequent breaks and shade to help employees/students cool down and recover.
4. Monitor Health:
 - a. Aforementioned training reviews the signs of heat-related illnesses (heat exhaustion and heat stroke).

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS

- b. The school will have available a method to institute whole-body cooling to treat a student/employee with exertional heat illness, especially heat stroke (e.g., ice bags, cold water and towels) which is easily accessible to work and school sites.

Safety should always be the top priority when acclimating employees/students to hot weather conditions. This plan helps employees and students adapt while minimizing the risk of heat-related issues.

Air Quality Monitoring Procedures:

A valid and reliable standardized national air quality resource is the National Weather Service (NWS) Air Quality Forecast System. The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI provides real time monitoring and alerts in response to changing air quality levels

1. Monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions is recommended.
2. School sites should consider shortening or cancelling outdoor events (practices or competition) in accordance with AQI recommendations. Exposure to air should be managed more carefully for students with pre-existing lung or heart conditions. When the AQI rises above 100 schools should consider removing such students at risk from practice or competition.
3. At AQI values above 150 serious consideration should be given to rescheduling the activity or moving it indoors if possible. Prolonged exposure and heavy exertion should be avoided.

There are now validated online applications to smart phones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. Consistent with NFHS, California Air Quality Board and California Environmental Protection Agency, use www.airnow.gov application for this purpose. The AQI may even be checked periodically during an event or activity in case of changing conditions.

Monitoring Tools

The following local agencies provide timely access to weather-related information and resources. CDPH Heat Risk Grid is a public health framework that categorizes heat risks into four color-coded levels (Green/1, Yellow/2, Orange/3, and Red/4) based on the National Weather Service Heat Risk forecast.

Air Now is a monitoring tool created by the U.S. Environmental Protection Agency (EPA) to provide real-time and forecasted air quality information across the United States, Canada and Mexico.

National Weather Service for San Joaquin Valley/Hanford, CA provides weather forecasts, severe storm warnings, and climate data for the protection of life and property.

References

- 1) Air Quality Position Statement. NCAA Sports Science Institute, Sept 2018
- 2) NFHS Position Statement on Physical Activity, Air Quality and Wildfires, April 2019

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS

- 4) US Environmental Protection Agency
- 5) CIF Extreme Heat and Air Quality Policy

Adopted: 08/19/2026

5145.75, Doc# 4917-7306-9253