

Fort Bend ISD

Weather Guidelines

The guidelines below are based on the National Weather Service and provide information to campus staff as they plan for outdoor activities such as physical education class, recess, and educational or recreational activities throughout the school day. It should be part of daily routine in schools to monitor the weather. Campus teachers and staff are encouraged to use weather apps and/or check weather websites when making decisions regarding outdoor physical activity time for students.

Heat Guidelines

Temperature and humidity combined determines the possible risk of heat related injury for students.

Air Temperature (F)	Relative Humidity (Percent)													
		40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100
	80-83	80	80	81	81	82	82	83	84	84	85	86	86	87
	84-89	83	84	85	86	88	89	90	92	94	96	98	100	103
	90-93	91	93	95	97	100	103	105	109	113	117	122	127	132
	94-99	97	100	102	106	110	114	119	124	129	135			
	100-102	109	114	118	124	129	130							
	103	119	124	131	137									



Comfortable outdoor
play >20 min



Caution outdoor play
20 min or less



Danger
No outdoor play

- Students should be encouraged to drink plenty of water, before, during, and after exercise.
- Students should be allowed to take frequent water breaks and rest in a shaded area is needed.