Heat Risk Activity Grid

This grid has been adapted from the California Department of Public Health (CDPH) and the National Weather Service Heat Risk Forecast, which incorporates data from the Centers for Disease Control and Prevention (CDC) to determine if temperatures pose an elevated risk of heat-related health impacts.

Value	Risk	Temperature	What does this mean?	What actions can be taken?
0 (Green)	**Little to None**	80°F and below	• This level of heat poses **little to no risk** from expected heat	• No preventative actions necessary
1 (Yellow)	**Minor**	**80-95°F**	• Heat of this type is **tolerated by most**; however, there is a **minor risk for extremely heat-sensitive groups*** to experience negative heat-related health effects	• Encourage students to increase hydration by drinking water • Reduce time spent outdoors or stay in the shade when the sun is strongest • Allow students access to cooler areas when necessary • Encourage students to wear loose, lightweight clothing by removing jackets or sweatshirts
2 (Orange)	**Moderate**	**95-104°F**	• Heat of this type is tolerated by many; however, there is a **moderate risk for members of heat-sensitive groups*** to experience negative heat-related health effects, including heat illness • **Some risk for the general population who are exposed to the sun for longer periods of time**	• Reduce time in the sun during the warmest part of the day by encouraging students to seek shade if feeling overheated • Encourage students to stay hydrated by drinking water • Encourage students to wear loose, lightweight clothing by removing jackets or sweatshirts • For outdoor activities, consider use of Porto-Cooler fans • Allow students access to cooler areas when necessary • Special considerations may need to be made for students with medical conditions that cause heat intolerance. Refer to student healthcare plans.
3 (Red)	**Major**	**105-115°F**	• Heat of this type represents a **major risk to all individuals who are 1) exposed to the sun and active or 2) are in a heat-sensitive group** • **Dangerous to anyone without proper hydration or adequate cooling**	• **Move outdoor physical activities indoors, where possible, during the hottest parts of the day, usually between 10AM-5PM** • Where outdoor activity takes place, consider adaptions for light activity rather than strenuous exercise • Encourage students to stay hydrated by drinking water • Encourage students to wear loose, lightweight clothing by removing jackets or sweatshirts • For outdoor activities, consider use of Porto-Cooler fan • Special considerations may need to be made for students with medical conditions that cause heat intolerance. Refer to student healthcare plans.
4 (Magenta)	**Extreme**	**115°F and above**	• This level of heat can post an **extreme risk for the entire population** • **Very dangerous to anyone without proper hydration or adequate cooling**	• **Move outdoor activities indoors, including PE and recess, during the hottest part of the day, usually between 10AM-5PM** • Encourage students to stay hydrated by drinking extra water • Encourage students to wear loose, lightweight clothing by removing jackets or sweatshirts • Special considerations may need to be made for students with medical conditions that cause heat intolerance. Refer to student healthcare plans.

**Acclimatization to heat is an important factor in how a student's body responds to and can cope with heat exposure. Acclimatization can be broadly defined as a complex series of changes or adaptations that occur in response to heat stress in a controlled environment over the course of 7-14 days. Students with medical conditions that cause heat intolerance should be given special consideration during high-heat times. Athletics must adhere to CIF Heat Illness Prevention and Heat Acclimatization policies. Acclimatization can improve athlete's ability to handle heat stress during practice or exercise. See athletic Wet Bulb Globe Temperature (WBGT) chart.*

***The District will distribute the Heat Index weekly to be used as a general guide for temperature. School sites should consider the local weather metrics to determine risk category.*