



YORK CATHOLIC DISTRICT SCHOOL BOARD

BOARD POLICY	
<i>Policy Section</i> Students	<i>Policy Number</i> 221
<i>Former Policy #</i> 221	<i>Page</i> 1 of 9
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POLICY TITLE: EXTREME TEMPERATURE

SECTION A

1. PURPOSE

The York Catholic District School Board recognizes that extreme temperature conditions have a negative impact on the health and safety of students and employees. Through the implementation of this policy and related guidelines, the Board directs employees to put into action steps which will minimize, to the greatest extent possible, risks associated with extreme temperatures including frostbite, sunburn, heat stress and heat exposure while supporting the Ministry of Education’s directive for daily physical activity for students.

2. POLICY STATEMENT

It is the policy of the York Catholic District School Board that during periods of extreme cold or heat elementary schools shall follow the guidelines and action plans as outlined so as to minimize the health risks associated with extreme temperatures.

3. PARAMETERS

- 3.1 No later than the second Catholic School Council meeting of a new school year the newly elected Catholic School Council, will give input to the Principal related to the extreme cold set temperature, which triggers indoor routine.
 - 3.1.1 The extreme cold set temperature with wind chill shall range from -15 degrees Celsius to -20 degrees Celsius. When the extreme cold set temperature is reached, the Principal has the option to implement recess routine, dependent on local community conditions, as outlined in accordance with the Cold Weather Action Plan (CWAP) in the guidelines of this policy.
 - 3.1.2 The decision of the Principal related to the extreme cold set temperature is final and shall remain in effect for the current school year.

- 3.2 When an extreme temperature of 32 degrees Celsius or higher is reached for a period of three days or more, or when a humidex reading of 35 degrees Celsius is reached at any time, then the Principal has the option to implement a recess routine, dependent on local community conditions, as outlined in accordance with the Hot Weather Action Plan (HWAP) in the guidelines of this policy.

- 3.3 A Hot Weather Action Plan (HWAP) and a Cold Weather Action Plan (CWAP) shall be implemented upon the occurrence of extreme temperature conditions. Monitoring of contributing factors will assist in making informed decisions with the implementation of the plans.
- 3.4 The Hot Weather Action Plan (HWAP) and the Cold Weather Action Plan (CWAP) shall be communicated to the staff and school community annually by the Principal.
- 3.5 The implementation of strategies relating to extreme temperatures will be in accordance with those outlined in the guidelines of this policy, and communicated to the school community as seasonally appropriate.

4. RESPONSIBILITIES

4.1 Director of Education

- 4.1.1 To oversee compliance with the Extreme Temperature policy.

4.2 Senior Administration

- 4.2.1 To support Principals and Vice Principals with the implementation of and compliance with the Extreme Temperature policy.

4.3 Principals

- 4.3.1 To finalize and communicate the school's extreme cold and high heat temperature to the students, staff and school community on an annual basis.
- 4.3.2 To review the extreme temperature guidelines at appropriate times throughout the year (refer to Section B: Guidelines - Appendices A & B)
- 4.3.3 To maintain an appropriate link with a weather agency for current conditions in the local community (refer to Section B: Guidelines – website links).
- 4.3.4 To take appropriate action in response to weather conditions in accordance with the guidelines in this policy (i.e.: indoor/outdoor routine or modified routine)
- 4.3.5 To communicate routines for extreme temperature conditions to the school community as seasonally appropriate.
- 4.3.6 To monitor the UV index and remind staff to refer to the UV guidelines within this policy.
- 4.3.7 To raise awareness through regular communication practices (i.e., newsletters, morning announcements) and to remind parents and students about UV rays and proper sun protection.

4.4 Catholic School Council

- 4.4.1 To offer input, as an advisory body, to the Principal when discussing extreme temperatures. Voting on the matter shall not occur.
- 4.4.2 To respect the decision and discretion of the Principal relating to the implementation of extreme temperature routines.

4.5 Employees

- 4.5.1 To monitor students as closely as possible during extreme temperature conditions for signs of physical discomfort or distress, i.e.: frostbite, heat exhaustion, heat stress or difficulty breathing.

4.6 Students

- 4.6.1 To wear proper protective clothing (i.e.: winter boots gloves/mittens and hats during cold weather months and sun hats/visors, sunscreen etc. during high heat temperature months) for maximum protection from seasonal temperatures.
- 4.6.2 To monitor their level of activity and take frequent breaks for water during high heat temperature months in order to remain adequately hydrated.

5. DEFINITIONS

5.1 Extreme Cold Temperature

For the purpose of this policy when the temperature and/or wind chill are within a range of -15c to -20c or when an extreme cold temperature alert is communicated on the weather network website for the geographical location of the school.

5.2 Extreme Heat Temperature

For the purpose of this policy:

- 5.2.1 When heat waves occur during 3 consecutive days reaching temperatures of 32°C or higher; and/or
- 5.2.2 When the humidex reaches or exceeds 35°C.

5.3 Extreme Cold or Heat Temperature Routines

Strategies implemented under the direction of the Principal relating to indoor, outdoor or modified routines (i.e. shortened indoor/outdoor routine).

6. CROSS REFERENCES

YCDSB [Policy 606 Catholic School Councils](#)

YCDSB Memorandum #51 – Inclement Weather Emergency Procedures

[Environment of Canada](#) information [Appendices A & B](#)

Ministry of Education [Policy/Program Memorandum 138 Daily Physical Activity](#)

The Weather Network website (www.theweathernetwork.com)

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POLICY TITLE: EXTREME TEMPERATURE

SECTION B: GUIDELINES

York Region covers a large geographical area, and conditions at schools may vary throughout the region. School administrators need to monitor local conditions and make the necessary adjustments, keeping in mind the following guidelines.

Weather conditions can change throughout the day. When weather conditions are questionable, Principals will review www.theweathernetwork.com for the local forecast and potential extreme weather alerts. The weather network website is available on each school website and the board website for ease of reference.

In support of the Ministry of Education's directive for daily physical activity, children need an opportunity to get exercise and free play time outdoors. However, weather conditions sometimes warrant indoor routines or a reduced activity level. Conditions requiring changes in normal practice, at the direction of the Principal, are:

1. Rain, freezing rain, thunderstorms, lightning, hail, ice, extreme winds - require indoor routines
2. Extreme Hot Temperature see Appendix A, Hot Weather Action Plan (HWAP)
3. Extreme Cold Temperature see Appendix B, Cold Weather Action Plan (CWAP)

(Environment Canada's web site at www.weatheroffice.gc.ca provides a valuable reference on all weather related topics – go to "FAQ" and choose "Weather". Environment Canada provides resources for teachers and students).

HOT WEATHER ACTION PLAN (HWAP)

To be Initiated when the humidex is over 35 degrees Celsius or when heat waves occur during 3 consecutive days reaching temperatures of 32°C or higher.

Principal has the option to determine recess routine dependent on local community conditions.

STRATEGIES TO BE IMPLEMENTED

- ⇒ Refer to Environment Canada information on humidity, humidex and guide to summer comfort, UV index
- ⇒ Personal water bottles will be allowed at student desks and outside if necessary
- ⇒ Staff and students must monitor their level of activity and take frequent breaks for water in order to remain adequately hydrated, especially during lunch hours
- ⇒ Where possible, keep perimeter doors and windows open and lights off
- ⇒ Avoid exposure to direct sunlight, especially during high heat periods of the day
- ⇒ Through regular communication practices (i.e., newsletters, morning announcements), remind parents and students to wear light weight and light coloured clothing and other hot weather necessities – hats, sun visors, sunscreen etc.
- ⇒ Where there is air conditioning in libraries or specialty classrooms rotate groups of students into those rooms
- ⇒ Provide classrooms with fans by utilizing available funds (possible sources: Catholic School Councils, GSB, fundraising)
- ⇒ Remind students not to overexert themselves outdoors

COLD WEATHER ACTION PLAN (CWAP)

To be Initiated when the School's extreme cold set temperature* (including wind chill) is reached.

Principal has the option to determine recess routine dependent on local community conditions

***School Set Temperature:**

The Principal shall decide upon a temperature (including wind chill) between -15c and -20c at which cold weather strategies shall be implemented.

As an advisory body, the Catholic School Council will give input to the Principal annually prior to this decision being made. No voting shall occur.

The decision of the Principal is final and the set temperature shall remain in effect for the current school year.

STRATEGIES TO BE IMPLEMENTED

- ⇒ Principal may operate an indoor routine or a shortened outdoor routine of 20 minutes
- ⇒ Students are monitored for signs of frostbite, frostnip or difficulty breathing
- ⇒ Students are reminded to stay dry, dress in layers of warm clothing with an outer layer that is wind resistant, wear proper head coverings, gloves and winter boots
- ⇒ Through regular communication practices (i.e.; newsletters, morning announcements....) parents will be reminded to ensure their children wear appropriate warm and waterproof winter clothing and boots
- ⇒ Refer to Environment Canada's Wind Chill Program – [Wind Chill: The Chilling Facts](#)

Environment Canada Wind Chill

SOURCE: Environment Canada’s Wind Chill Program (access information through Environment Canada website’s “frequently asked questions” and choosing question on wind chill.) ([Environment Canada Wind Chill Index](#))⁴

Wind Chill Hazards and Risk of Frostbite			
Wind Chill	Risk of frostbite	Health Concern	What to do
0 to -9	Low	- Slight increase in discomfort	- Dress warmly, with the outside temperature in mind.
-10 to -27	Low	- Uncomfortable - Risk of hypothermia if outside for long periods without adequate protection	- Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Wear a hat, mittens and scarf. - Keep active.
-28 to -39	Increasing risk: exposed skin can freeze in 10 to 30 minutes	- Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness - Risk of hypothermia if outside for long periods without adequate protection	- Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Cover exposed skin: wear a hat, mittens and a scarf, neck tube or face mask. - Keep active.
-40 to -47	High risk: exposed skin can freeze in 5 to 10 minutes*	- Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness (frostbite) - Risk of hypothermia if outside for long periods without adequate protection	- Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Cover all exposed skin: wear a hat, mittens and a scarf, neck tube or face mask. - Keep active.
WARNING LEVEL** -48 to -54	High risk: exposed skin can freeze in 2 to 5 minutes*	- Check face and extremities frequently for numbness or whiteness (frostbite) - Serious risk of hypothermia if outside for long periods	- Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. - Cover all exposed skin: wear a hat, mittens and a scarf, neck tube or face mask. - Be ready to cut short or cancel outdoor activities. - Keep active.
-55 and colder	High risk: exposed skin can freeze in less than 2 minutes	DANGER! - Outdoor conditions are hazardous	- Stay indoors.

* In sustained winds over 50 km/h, frostbite can occur faster than indicated.

Heat and Humidity

Humidity is the amount of water vapour in the air. High humidity makes people feel hotter than they would on a drier day. This is because the perspiration that cools us down cannot evaporate as quickly in moist, saturated air. To better describe how hot it feels in such circumstances, Canadian meteorologists developed the Humidex, a parameter that combines temperature and humidity in order to reflect the perceived temperature.

Relative Humidity

Relative humidity is the amount of moisture that the air contains compared to how much it could hold at a given temperature. A figure of 100 per cent would mean that the air has become saturated. At this point, mist, fog, dew and precipitation are likely.

Relative humidity is normally at its maximum when the temperature is at its lowest point of the day, usually at dawn. Even though the absolute humidity may remain the same throughout the day, the changing temperature causes the ratio to fluctuate.

Humidex

The humidex is a Canadian innovation, first used in 1965. It was devised by Canadian meteorologists to describe how hot, humid weather feels to the average person. The humidex combines the temperature and humidity into one number to reflect the perceived temperature. Because it takes into account the two most important factors that affect summer comfort, it can be a better measure of how stifling the air feels than either temperature or humidity alone.

The humidex is widely used in Canada. However, extremely high readings are rare except in the southern regions of Ontario, Manitoba and Quebec. Generally, the humidex decreases as latitude increases. Of all Canadian cities, Windsor, Ontario has had the highest recorded humidex measurement: 52.1 Celsius on June 20, 1953. The hot, humid air masses which cause such uncomfortable weather usually originate in the Gulf of Mexico or the Caribbean.

Guide to summer comfort

Range of humidex: Degree of comfort

- Less than 29 Celsius: Little discomfort
- 30 to 39 Celsius: Some discomfort
- 40 to 45 Celsius: Great discomfort; avoid exertion
- Above 46 Celsius: Dangerous; possible heat stroke

An extremely high humidex reading can be defined as one that is over 40 Celsius. In such conditions, all unnecessary activity should be curtailed. If the reading is in the mid to high 30s, then certain types of outdoor exercise should be toned down or modified, depending on the age and health of the individual, physical shape, the type of clothes worn, and other weather conditions.

UV Index

INTERPRETATION OF THE UV INDEX:

The UV index is included in Environment Canada's weather forecasts whenever it is expected to reach 3 (moderate category) or more. This table outlines the sun protection actions recommended at different levels of the UV index. Remember that the amount of UV you receive depends on both the strength of the sun's rays (UV Index) and the amount of time you spend in the sun.

What does UV Index mean?

UV Index	Category	Sun Protection Actions <i>(in detail)</i>
0 - 2	Low	Minimal protection for normal activity
3 - 5	Moderate	Cover up. Wear hat, sunglasses, sunscreen if outside for 30 min.
6 - 7	High	Protection required. Reduce time in sun between 11AM and 4PM
8 - 10	Very High	Take full precautions and avoid sun between 11AM and 4PM
11+	Extreme	Take full precautions and avoid sun between 11AM and 4PM

Proper sun protection includes wearing a broad-rimmed hat, a shirt with long sleeves and wrap-around sunglasses or ones with side shields. Choose sunscreen with 15+ SPF (sun protection factor) that offers protection against both UV-A and UV-B rays. Apply generously before going outside and reapply often, especially after swimming or exercise.

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