

### Anglophone School District-South Cold Weather Guidelines for Outdoor Activities:

It is important for all students to be outside as much as possible when at school during non-instructional times (before school, recess and noon hour), as the fresh air and exercise promote healthy lifestyles and help children perform better in their school work.

If it is cold, Anglophone School District-South provides the following guidelines as to when children should stay in for recess:

- Down to minus 20 degrees Celsius (without wind), children can stay out for up to 30 minutes.
- Between minus 21 degrees and minus 26 degrees (without wind), children can stay out for up to 10 minutes.
- Colder than minus 27 degrees (without wind), children will stay inside.

If there is a wind chill warning, ASD-S provides the following guidelines:

#### Wind Chill Hazards:

Principals and teachers should check the wind chill on cold days. Even moderate wind chills can be dangerous over a period of time. Environment Canada states that wind chill below  $-25^{\circ}$  presents a risk of frostbite.

| Temperature ( $^{\circ}\text{C}$ ) |    |     |     |     |     |     |     |     |     |     |
|------------------------------------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Wind Speed (km/h)                  | 0  | -5  | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 |
| 10                                 | -3 | -9  | -15 | -21 | -27 | -33 | -39 | -45 | -51 | -57 |
| 20                                 | -5 | -12 | -18 | -24 | -30 | -37 | -43 | -49 | -56 | -62 |
| 30                                 | -6 | -13 | -20 | -26 | -33 | -39 | -45 | -52 | -59 | -65 |
| 40                                 | -7 | -14 | -21 | -27 | -34 | -41 | -48 | -54 | -61 | -68 |
| 50                                 | -8 | -15 | -22 | -29 | -35 | -42 | -49 | -56 | -63 | -69 |
| 60                                 | -9 | -16 | -23 | -30 | -36 | -43 | -50 | -57 | -64 | -71 |

Source: Environment Canada

School personnel should monitor students for frostbite and adjust the recess time outside according to the weather in their area. Generally, temperatures below  $-20^{\circ}\text{C}$  (Wind Chill) would warrant staying inside. It is important to note that some play areas are sheltered, while others are not protected from the wind.

**Please ensure that your child comes to school dressed appropriately for the weather.**

If there is a health concern related to cold weather, please contact the school to arrange to fill out a Policy 704 form to make appropriate arrangements for medical attention required while at school. If a student with a medical excuse does stay inside, he or she will be reading or doing seat work for the recess time.