

HOT WEATHER GUIDELINES

HUMIDEX

Humidex is a measure of how hot we feel. It is an equivalent scale that expresses the combined effects of warm temperatures and humidity. It provides a number that describes how hot people feel, much like the equivalent chill temperature, or wind chill factor. Humidex is used as a measure of perceived heat resulting from excessive humidity and high temperature combined.

Environment Canada uses humidex ratings to inform the general public when heat and humidity are possibly unsafe. The relation between humidex values and comfort is subjective and varies widely between individuals.

HUMIDEX RANGES

- Less than 29: No discomfort
- 30 to 39: Some discomfort
- 40 to 45: Great discomfort; avoid exertion
- Above 45: Dangerous; Heat stroke possible

HUMIDEX ADVISORY

A Humidex Advisory is issued when the air temperature is over 30°C and the Humidex is over 40°C. One or more of the following actions may be necessary when Environment Canada has issued a Humidex Advisory:

- Announcements reminding students/staff of hydration needs. During hot/humid days, it is recommended to consume a minimum of 1-cup of water for every 20 to 30 minutes of physical activity.
- A cool location is made available in the building to allow students/staff to cool down during break and lunch times.
- Activities are modified that involve physical exertion, exposure to the sun, and hot environments (rest periods, hydration, activity location change, and greater vigilance for heat stress symptoms).

If you have any questions not addressed by these guidelines, please contact your child's school.



HEAT ILLNESS

Heat illness can range from heat exhaustion to heat stroke, with heat stroke being a potentially fatal illness. Many factors influence the onset of heat illness. In hot weather, students should wear light, loose-fitting clothing and drink plenty of water.

School staff are trained to recognize signs and symptoms of heat stress, along with the causes, treatment and preventative action.

UV INDEX

When the UV index is high, principals may consider limiting outdoor exposure for students. The numbers on the scale indicate the strength of the sun's UV rays. The higher the number, the stronger the sun, and the greater the need to take precautions.

VALUES

- UNDER 2 (LOW)
Minimal sun protection is required.
- 3-5 (MODERATE)
Take precautions, cover up, wear a hat and use sunscreen, especially if outside for 30 minutes or more.
- 6-7 (HIGH)
Protections required. UV damages the skin and can cause sunburn. Reduce time in the sun between 11 a.m. and 3 p.m., and take full precautions.
- 8+ (VERY HIGH)
Unprotected skin can be damaged and burn quickly. Avoid the sun between 11 a.m. and 3 p.m., take full precautions, and seek shade.

