

# Extreme Heat Protocols

When outdoor temperature exceeds 85 degrees, school leaders will monitor and communicate decisions regarding outdoor activities for K-12 Physical Education, K-12 School Sponsored Activities, Recess and Extended Day. The **heat index** (“real feel/feels like”) will guide decisions. **What is heat index?** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined. Also known as “real feel” or “feels like.” Odyssey will use the hourly weather estimates from AccuWeather Palm Bay or the National Weather Service as our resource for heat index temperatures.

## Heat Index Guide

Designed to help protect students from incurring heat-related illnesses or problems, school personnel will reference the Heat Index Guide to modify and/or suspend outdoor activities. This guide applies to K-12 Physical Education, K-12 School Sponsored Activities, K-5 Recess and Extended Day. High School Athletics and Marching Band must reference the Zachary Martin Act linked below.

- **Heat index** is less than 95 degrees – Normal outdoor activities
- **Heat index** is 95-98 degrees – Outdoor activities should be limited or may be cancelled.
- **Heat index** is 99 degrees or above – Outdoor activities will be cancelled.

**Playground equipment** must be considered. Is it too hot for students to touch?

**Hydration** should be encouraged frequently before, during and after outdoor activities.

**Medical Conditions** must be considered.

If students are outdoors, teachers should be aware of medical conditions, such as asthma, diabetes, epilepsy, allergies, medications, or other conditions which may place students at higher risk for heat-related illness. Students should not be outside if the parent has advised the school their child should not participate in outdoor activities due to the possibility of heat-related illness.

## Sunscreen

Students may possess and use a topical sunscreen product while on school property without a physician note or prescription if it is approved by the United States Food & Drug Administration for over-the-counter use.

## Athletics & Marching Band

Must follow the guidelines from the Zachary Martin Act on the link below:  
<https://www.flsenate.gov/Committees/bills/summaries/2020/html/2173>