



Extreme Heat Guidance

During extreme heat events, Auburn Union School District schools should follow common sense guidelines in order to keep students and staff safe. In most cases, the hottest part of the day will occur after school from 4–6pm. However, should extreme heat be present during the school day, particularly at recess and lunch periods, the following guidelines should be followed:

Outside Temperature (F)	School Actions
Below 80°F	<ul style="list-style-type: none">• Normal activities• Encourage hydration
80–89°F	<ul style="list-style-type: none">• Increased hydration breaks• Monitor students for signs of heat illness• Modify intensity as needed
90–99°F	<ul style="list-style-type: none">• Outdoor recess and lunch may proceed as normally scheduled• All outdoor activities, including PE and vigorous sports such as running and field sports may continue• Students and staff should take breaks in the shade or an air-conditioned space as needed• Students and staff should drink water every 15–20 minutes
100–104°F	<ul style="list-style-type: none">• Outdoor recess and lunch may proceed as normally scheduled• Vigorous outdoor activities such as PE, running, and field sports will be moved inside or cancelled• When outdoors, students and staff should stay in shaded areas and participate in low impact activities• Students and staff should drink water every 15–20 minutes• Vulnerable populations provided an indoor space
105°F +	<ul style="list-style-type: none">• Outdoor recess and lunch will be canceled and indoor options will be implemented• All outdoor activities will be cancelled• PE will be held indoors and consist of low impact activities• Students and staff should drink water every 15–20 minutes• After school, outdoor activities will be cancelled

Additional Resources

[CDPH Health Guidance for Schools on Sports and Strenuous Activity During Extreme Heat](#)
[National Weather Service HeatRisk](#)