

# 🙀 Schools & Heat Waves 🙀







#### **Tips for Students & Parents**



**Bring a big** bottle



Wear loose, breathable, & light-colored clothes



Wear sunscreen with at least 30 SPF



## **Tips for Teachers, Staff & Administration**

Close doors and windows in AC rooms: report malfunctions



Have a "cool room" for students showing heat stress signs such as increased thirst, fatigue, excessive sweating, nausea, headaches, muscle aches, dizziness



Consider allowing hats on hot days

**Cool rooms** without AC by lowering shades











A lot of water breaks for students

## **Tips for Physical Education, Sports & Recess**

Schedule activities during cooler times: before 11AM or after 5PM



Take regular breaks in a shaded area



Shorten outdoor activities or shift to indoors AC rooms

Tell athletes to remove extra gear on sidelines and breaks





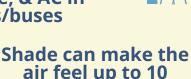


More restful, indoor activities like yoga or dance

#### **Tips for your Community**

Push for water stations, lighter surfaces, trees/shade, & AC in classrooms/buses





degrees cooler

**Communicate** school heat wave procedures to parents and community





Work with officials to include schools in heat emergency plans & make sure emergency protocols are known to all staff











