



# JESD Heat Guidelines

## Weekly HeatRisk Indicator

- All JESD schools will use the following HeatRisk color indicator to monitor outdoor activities provided by the National Weather Service.

The HeatRisk color indicator example below shows how school officials see each day of the week in the box above the weather forecast.



## Forecasting Heat

CDPH and JESD are using the latest version of the [National Weather Service's "HeatRisk" forecast](#), which incorporates data from the Centers for Disease Control and Prevention (CDC) to determine if temperatures pose an elevated risk of heat-related health impacts. HeatRisk is a better indicator than temperature alone because it takes into consideration:

1. How unusual the heat is for your location and time of the year
2. How long the heat will last

## Hot Day Guidelines

- With higher temperatures and extreme heat conditions occurring more often, all schools in the Jefferson Elementary School District (JESD) have plans in place for the continued operation of schools during periods of extreme hot weather. The guidelines are outlined in the JESD Heat Guidelines.

The safety and well-being of our students and employees is our top priority. We want to make sure that students and employees are healthy, and to prevent heat-related illness so that learning can continue. As a result, our schools have guidelines in place for instruction and athletics during hot weather.

Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
Orange 2	Moderate - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.
Red 3	Major - This level of heat affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries and infrastructure.
Magenta 4	Extreme - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries and infrastructure.

# JESD Heat Risk Levels and Guidelines

Revised July 2024. Adapted from the CDPH Heat Risk Grid: Understanding “HeatRisk” Level, Who is At Risk, and What Actions to Take [National Weather Service \(NWS\) HeatRisk tool](#).

Value	Risk	What does this mean?	General actions that can be taken.	JESD Actions
0 (Green)	Little to None	<ul style="list-style-type: none"> <li>This level of heat poses <b>little to no risk</b> from expected heat</li> </ul>	<ul style="list-style-type: none"> <li>No elevated risk</li> </ul>	<ul style="list-style-type: none"> <li>No preventative actions necessary</li> </ul>
1 (Yellow)	Minor	<ul style="list-style-type: none"> <li>Heat of this type is <b>tolerated by most</b>; however, there is a <b>minor risk for extremely heat- sensitive groups*</b> to experience negative heat- related health effects</li> </ul>	<ul style="list-style-type: none"> <li>Increase hydration</li> <li>Reduce time spent outdoors or stay in the shade when the sun is strongest</li> </ul>	<ul style="list-style-type: none"> <li>Monitor outside activity</li> <li>Parents asked to pack cold water and dress students in cool clothing.</li> </ul>
2 (Orange)	Moderate	<ul style="list-style-type: none"> <li>Heat of this type is tolerated by many; however, there is a <b>moderate risk for members of heat- sensitive groups*</b> to experience negative heat- related health effects, including heat illness</li> <li><b>Some risk for the general population who are exposed to the sun for longer periods of time</b></li> </ul>	<ul style="list-style-type: none"> <li>Increase hydration</li> <li>Reduce time in the sun during the warmest part of the day</li> </ul>	<ul style="list-style-type: none"> <li>Provide access to water for all students</li> <li>Implement alternative plan including possible change of schedule or location of outside activity</li> <li>Provide students access to shade and air-conditioned spaces during lunch.</li> <li>Parents asked to pack cold water and dress students in cool clothing.</li> </ul>
3 (Red)	Major	<ul style="list-style-type: none"> <li>Heat of this type represents a <b>major risk to all individuals who are 1) exposed to the sun and active or 2) are in a heat-sensitive group</b></li> <li><b>Dangerous to anyone without proper hydration or adequate cooling</b></li> <li><b>Poor air quality</b> is possible</li> <li><b>Power interruptions</b> may occur</li> </ul>	<ul style="list-style-type: none"> <li><b>Consider canceling outdoor activities during the heat of the day</b> otherwise move activities to the coolest parts of the day</li> <li>Stay hydrated</li> <li>Stay in a cool place especially during the heat of the day.</li> <li>If you have access to air conditioning, use it, or find a location that does.</li> </ul>	<ul style="list-style-type: none"> <li><b>Parents should monitor the JESD website for HeatRisk Level.</b></li> <li>Parents asked to pack cold water and dress students in cool clothing.</li> <li>Consider moving all outdoor activities to an indoor space if the temperature exceeds 95 degrees while in red.</li> <li>Schedule water breaks for all classes and student group activities.</li> <li>Check temperature of metal and plastic playground equipment.</li> <li>Relocation of students will be considered if there is limited to no access to air conditioning or water.</li> <li>Athletic Programs: all outdoor and unconditioned indoor activities are rescheduled to a cool time of day or a different day.</li> </ul>
4 (Magenta)	Extreme	<ul style="list-style-type: none"> <li>This is a rare level of heat leading to an <b>extreme risk for the entire population</b></li> <li><b>Very dangerous to anyone without proper hydration or adequate cooling</b></li> <li>This is a <b>multi-day excessive heat event</b>. A prolonged period of heat is dangerous for everyone not prepared</li> <li><b>Poor air quality</b> is likely</li> <li><b>Power outages are increasingly likely</b> as electrical demands may reach critical levels</li> </ul>	<ul style="list-style-type: none"> <li><b>Cancel outdoor activities</b></li> <li>Stay hydrated</li> <li>Stay in a cool place, including overnight</li> <li>If you have access to air conditioning, use it, or find a location that does. Even a few hours in a cool location can lower risk. Fans will not be adequate.</li> </ul>	<ul style="list-style-type: none"> <li><b>Notify parents via text regarding the heat indicator being magenta.</b></li> <li>Cancel all outdoor and unconditioned indoor activities.</li> <li>Schedule water breaks for all classes and student group activities.</li> <li>Relocation of students will be considered if there is limited to no access to air conditioning or water.</li> <li>Athletic Programs: Cancel and reschedule all outdoor and unconditioned indoor activities.</li> </ul>