

## Jackling Elementary Indoor Recess Policy

This policy is intended to establish a guide and provide clarification in determining when it will be an indoor recess.

### Parent Responsibility

It is expected that parents will appropriately dress their child for that day's weather conditions with the understanding that the students may have outdoor recess. The following clothing should be considered based on that day's weather and/or the day's potential weather:

- 👕 Coat – sufficiently warm based on the weather (e.g. a jacket or hoodie on a cool day, a raincoat or something waterproof on a drizzly day, a heavy coat on a very cold day)
- 👟 Footwear – appropriate footwear for the weather condition (e.g. regular tennis shoes or the like on a warm sunny day, snow boots or something similar on a cold day with snow on the ground)
- 🧤 Miscellaneous – this may include gloves, scarfs, earmuffs, etc. as appropriate for the weather

### Considering Factors

The following factors will be considered when determining whether or not to have an indoor recess:

1. Temperature – below 20°
2. Precipitation – what form of precipitation (snow, rain, etc.) and how much (e.g. a very light rain or even a mist as opposed to a downpour)
3. Air Quality (see the Recess Guidance for Schools: Utah Air Quality Index on the next page as mandated by state law)
4. Sunny/Cloudy/Windy – this accounts for the “feels like” temperature (e.g. the temperature is 24° but it is very windy so it feels like it's 15°, or it is 18° but it is sunny outside so it feels like it's 23°)

### Procedure

During the morning and afternoon recesses, the grade level teachers will consider the factors and make a determination as to whether or not it will be an indoor recess based on the current conditions. During the lunch recess, the determination will be made by the main office.

### Individual Student Exceptions

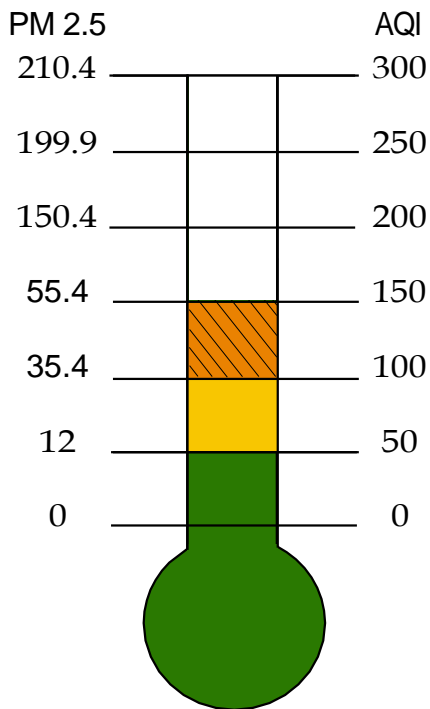
The parent/guardian has the right to exclude their child from outdoor recess on a day-to-day basis. Such a request must be made in writing. Any requests that exceed 3 consecutive days must include a doctor's order for indoor recess in order to be accepted.

# Recess Guidance for Schools:

## When to schedule indoor recess based on air quality.

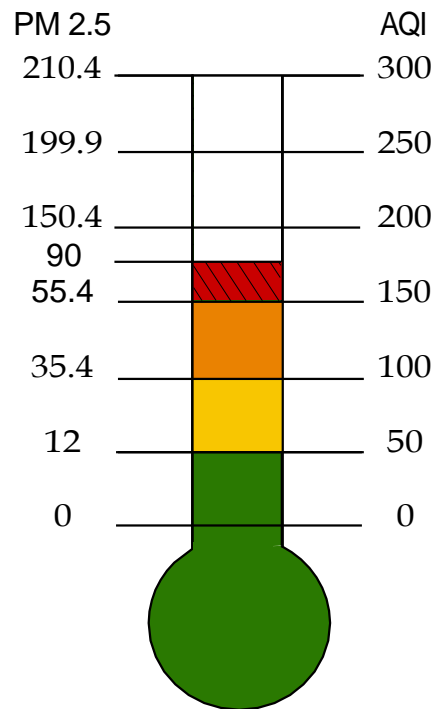
When the Particulate Matter (PM<sub>2.5</sub>) is

35.5 - 55.4 ug/m<sup>3</sup>:



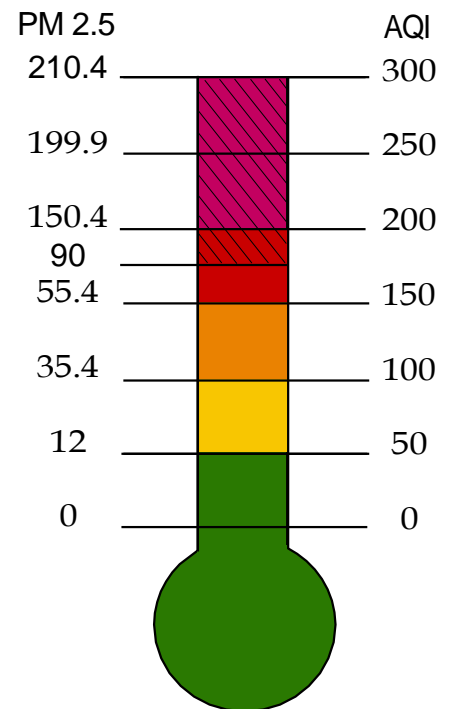
Sensitive students\* should remain indoors for recess.

55.5 - 90 ug/m<sup>3</sup>:



Sensitive students\* and students with respiratory symptoms\*\* should remain indoors for recess.

Above 90 ug/m<sup>3</sup>:



All students should remain indoors for recess.

\*Sensitive students may include those with: asthma, cystic fibrosis, chronic lung disease, congenital heart disease, compromised immune systems, or other respiratory problems. Parents, with the advice of their health care provider, should inform the school if they believe their child is part of a sensitive group who should have limited outdoor physical activity when air quality is poor.

\*\*Respiratory symptoms may include: coughing, wheezing, shortness of breath, and chest tightness.

To check PM<sub>2.5</sub> levels, visit [www.airquality.utah.gov](http://www.airquality.utah.gov) and click on "Current."