

Marin County Heat Risk Outdoor Activity Overview and Communication Protocols - May 2023

Regular physical activity promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on Heat Risk level. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to extreme heat. Check the heat risk level daily at www.wrh.noaa.gov/wrh/heatrisk/. The Marin County Office of Education will be in close contact with Marin Public Health and may convene a zoom meeting or conference call only if needed. The below tables are modified versions of publications provided by the California Department of Public Health with input from the Marin County Public Health Officer based on experiences during regional wildfires and community response.

Heat Risk Level	Outdoor Activity Overview and Communication Protocols
Green (Very Low)	No Elevated Risk. Great day to be active outside!
Yellow (Low)	Heat is tolerated by most however, there is a low risk for sensitive groups to experience health effects. Good day to be active outside!
Orange (Medium)	Moderate risk for members of heat sensitive groups to experience health effects. Some risk for the general population who are exposed to the sun and are active. Reduce time in the sun between 10 a.m. and 4 p.m. Stay Hydrated!
Red (High)	High risk for much of the population who are exposed to the sun and active outdoors, or are in a heat sensitive group. This index is dangerous to anyone without proper hydration or adequate cooling. Cancel outdoor activities during the heat of the day. Stay Hydrated!
Purple (Very High)	Very High Risk for entire population. Very dangerous to anyone without proper hydration or adequate cooling. Prolonged periods of heat are dangerous for everyone not prepared. Cancel outdoor activities during the heat of the day. Stay Hydrated!

Learn more about how the National Weather Service determines heat indexes and subsequent colors:

<https://www.weather.gov/ama/heatindex>

Go for 60!

CDC recommends that youth get 60 or more minutes of physical activity each day.

www.cdc.gov/healthyschools/physicalactivity/toolkit/userguide_pa.pdf

CDC: Know the Signs of Heat Related Illness

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>



Marin County Heat Risk Outdoor Activity Overview

Learn more about Preparing for Extreme Heat: www.ready.gov/heat#prepare



updated 5/23

Activity	Green (Very Low)	Yellow (Low)	Orange (Medium)	Red (High)	Purple (Very High)
Recess (15 Min.)	No restrictions	Increase Hydration Utilize shade if recess is during strongest sun	Stay hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside	Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor activities during heat of the day	No outdoor activity Move all activities indoors
P.E. (1 hr)	No restrictions	Increase Hydration Utilize shade if class is during the strongest sun	Stay hydrated Reduce time in sun between 10am & 4pm Utilize shade and cooler areas while outside	Stay hydrated Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor classes during heat of the day	No outdoor activity Move all activities indoors
Athletic Practice & Training (2-4 hrs)	No restrictions	Increase Hydration Utilize shade if practice is during the strongest sun	Stay hydrated Consider moving practice to cooler time Utilize shade and cooler areas while outside	Stay hydrated & increase breaks Try to avoid being outdoors in the sun between 10am & 4pm Cancel outdoor practice during heat of the day	No outdoor activity Move all activities indoors
Scheduled Sporting Events	No restrictions	Increase Hydration Utilize shade if practice is during the strongest sun	Stay hydrated Increase rest breaks and substitutions per CIF Extreme Heat Guidelines*	Stay hydrated Increase rest breaks and substitutions per CIF Extreme Heat Guidelines*	Events must be rescheduled or relocated

* CIF - California Interscholastic Federation - [Heat Illness Guidance](#)

** In general, the best place for students is in school. To meet the conditions for approval of waiver due to emergency conditions use CDE [Form J-13A](#).