

Heat Index

80° or below is considered *comfortable*

90° beginning to feel *uncomfortable*

100° *uncomfortable* and may be *hazardous*

110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Understand the Weather

The weather forecast may be confusing if you are not familiar with some of the words.

Heat Index Warning: How hot it feels to the body when the air temperature and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Summer Weather Watch

		Heat Index Chart (in Fahrenheit %)													
		Relative Humidity (Percent)													
Air Temperature (F)		40	45	50	55	60	65	70	75	80	85	90	95	100	
	80	80	80	81	81	82	82	83	84	84	85	86	86	87	
	84	83	84	85	86	88	89	90	92	94	96	98	100	103	
	90	91	93	95	97	100	103	105	109	113	117	122	127	132	
	94	97	100	103	106	110	114	119	124	129	135				
	100	109	114	118	124	129	130								
	104	119	124	131	137										



Comfortable for out door play



Caution



Danger

Daily outdoor play is a requirement for all licensed and certified child programs in Wisconsin unless the weather is inclement or there is a health reason. The definition of inclement weather means stormy or severe weather including

- Heavy Rain
- Temperatures above 90 degrees Fahrenheit

Watching the weather is part of a child care provider's job. Planning for playtime, field trips and weather safety must be part of the daily routine. Changes in the weather can happen quickly and the provider must be ready to react immediately when the weather becomes threatening. Providers should have a plan to protect children when severe weather threatens. The plan should include what to do when children are on a field trip and the weather changes.

Special precautions need to be taken during the hot summer months to protect children from too much heat and sun.

- Clothing should be able to help children maintain a comfortable body temperature. In the summer lightweight cotton clothing will protect children from the sun as well as absorb perspiration and allow air to circulate. Wearing a cap or hat with a brim that faces forward will shield the face.
- Beverages should be offered to children who are playing outside. Water or 100% fruit juices are best. Avoid high-sugar content beverages. Children don't always want to take the time to stop for a drink, so regular breaks may be needed.
- Sunscreen should be applied to all exposed skin prior to going outside and reapplied as necessary throughout the day. Look for sunscreen with UVB and UVA ray protection. Sunglasses should be available for children to wear to protect their eyes from dangerous sun rays.
- Shaded areas should be available on playgrounds to give children a play area that is out of the sun. When trees and natural shade are not available, tarps can be used to provide shaded areas.
- Provide opportunities for water play to help children cool off. The use of a wading pool is not recommended, but sprinklers, hoses, water squirting or spraying devices and water tables are good ways to allow children to have fun with water and cool down on hot summer days.