

# WHITTIER CHRISTIAN HIGH HOT WEATHER POLICY

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**THE WCHS ATHLETIC DEPARTMENT WILL GATHER INFORMATION REGARDING HOT WEATHER AND AIR QUALITY. THIS INFORMATION WILL BE USED TO MAKE DECISIONS REGARDING ATHLETIC ACTIVITY.**

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The WCHS Athletic Department will use a Wet Bulb Globe Thermometer (WBGT) reading to determine what activities are appropriate in hot weather. Athletic activities will be gauged according to the following table:

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## **WBGT READING & ACTIVITY AFFECT**

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75 WBGT degrees and below: All activities are allowed.

75-78.9 WBGT degrees: Activity needs to stop every 15-20 minutes and enforce drinking and rest in shaded areas. Running activity brought to a minimum.

79-84 WBGT degrees: No activity for high risk students (ie. students with asthma or diabetes). All other activity in shaded areas or indoors.

85 WBGT degrees and higher: No outdoor activities for any students. Gym activities only allowed if air conditioning is running.

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## **AIR QUALITY**

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The WCHS Athletic Department will monitor air quality using data supplied by the South Coast Air Quality Management District (SCAQMD). Activity limitations recommended by the SCAQMB will be followed for our particular area (North Orange County).

