



Lansing Christian Outdoor Recess Guidelines

Elementary Recess Policy

Children have recess at least once a day. It is assumed that if children are well enough to be in school, they are well enough to go out for recess. Students must have a written medical excuse signed by a doctor to stay in from recess. During the winter season, **if the temperature or wind chill is 2 degrees or below, children will remain inside.**

| Wind Chill Temperature (Fahrenheit) | | | | | | | | | |
|-------------------------------------|----|----|----|----|----|----|----|----|----|
| 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 |
| 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 |
| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 0 | -1 | -2 | -3 | -4 | -5 | -6 | -7 | -8 | -9 |

 Comfortable for outdoor play

 Caution

 Danger

Green

Students may play outdoors and be comfortable when wearing appropriate outerwear (coats, hats, gloves/mittens, and boots).

Yellow

Use caution when allowing students to play outdoors. Students must wear appropriate winter outerwear. Younger students may need a shortened recess period.

Red

Students should not play outdoors.

Wind Chill

- 30° is chilly and generally uncomfortable
- 15° to 30° is cold
- 0° to 15° is very cold
- -20° to 0° is bitter cold with significant risk of frostbite
- -20° to -60° is extreme cold and frostbite is likely

Checking Wind Chill Temperature

We use the following two websites to determine the wind chill temperature. We check each morning and before each recess.

<http://www.weather.com/>

<http://www.weather.gov/>