

# Administrative Regulation: AR 3516.4

## Students – Cardiac Emergency and Extreme Weather Protocols

### I. Extreme Weather Monitoring and Criteria

The principal or designee at each site shall monitor weather forecasts and air quality alerts daily (using tools like the **National Weather Service HeatRisk Tool** and **AirNow.gov**) to determine if modifications to outdoor activities are necessary.

#### Temperature Thresholds (CDPH Heat Risk Grid)

The District adheres to the following action tiers for all outdoor student activities (\*including but not limited to recess, outdoor instruction, school events):

Risk Level	Risk Category	Action Required for Physical Activities
<b>0 - Green</b>	Little to None	No preventative actions necessary.
<b>1 - Yellow</b>	Minor	Increase hydration; monitor heat-sensitive students.
<b>2 - Orange</b>	Moderate	<b>Modify or limit outdoor activities.</b> Reduce time in sun; move outdoor activities to cooler times (before 10 a.m.).
<b>3 - Red</b>	Major	<b>Cancel outdoor activities</b> between 10 a.m. and 5 p.m. Move to cool indoor areas.
<b>4 - Magenta</b>	Extreme	<b>Cancel all outdoor activities.</b> Entire population is at risk.

#### Air Quality Index (AQI) Protocols

- **AQI 101-150 (Orange):** Reduce prolonged or heavy outdoor exertion for sensitive pupils (asthma, cardiac conditions, etc.).
- **AQI 151-200 (Red):** Move all physical education and athletic activities indoors or reschedule.
- **AQI 201+ (Purple/Maroon):** Cease all outdoor activity; ensure all students remain in filtered indoor environments.

## II. Communication and Alternative Activities

- **Notification:** When weather triggers a modification (Red/Magenta levels), the site administrator shall notify staff, students, and parents via the District's notification systems.
- **Indoor Alternatives:** Each site shall designate "Cooling Zones" (e.g., gymnasiums with HVAC, multipurpose rooms, or libraries) where physical education or activity can be safely conducted.

## III. Staff Training and Coordination

- **Recognition of Distress:** Annual training for teachers and coaches shall include recognizing signs of heat exhaustion, heat stroke, and respiratory distress caused by poor air quality.
- **Local Coordination:** The District shall coordinate with local Emergency Medical Services (EMS) and the County Public Health Department to ensure access to real-time resources and emergency support.

## IV. Cardiac Emergency Response Plan (CERP) Integration

Because extreme heat increases cardiac strain, the following must be maintained:

- **AED Access:** During extreme heat events where activities are moved to indoor gyms, AEDs must be immediately accessible within that facility.
- **Hydration Stations:** Schools must provide equitable access to water and shade structures at all outdoor athletic and P.E. venues.

## V. Maintenance and Documentation

The District shall maintain logs of:

1. Daily weather/AQI monitoring during seasonal extremes.
2. Staff training completion for both CPR/AED and Weather Safety.
3. Annual CERP and Weather Protocol review dates.

## Legal Reference:

- Education Code 33355 (SB 1248 - Extreme Weather Guidelines)
- Education Code 35179.1 (California Youth Sports Training)
- CDPH Health Guidance for Schools on Sports and Strenuous Activities During Extreme Heat