

CHILD CARE WEATHER WATCH

HEAT INDEX CHART
Relative Humidity (Percent)

Temperature (°F)		15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	
	110	108	112	117	123	130	137	143	150									
	105	102	105	109	113	118	123	129	135	142	149							
	100	97	99	101	104	107	110	115	120	126	132	138	144					
	95	91	93	94	96	98	101	104	107	110	114	119	124	130	136			
	90	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122	
	85	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	
	80	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	
	75	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	

WIND CHILL CHART
Temperature (in Fahrenheit)

Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	20	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times: **30 minutes** **10 minutes** **5 minutes**

* RESOURCE FOR CHARTS FROM THE NATIONAL WEATHER SERVICE

Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require that the child care provider attend to the health and safety of children in their care. What clothing, beverages, and sun screen are appropriate? Dress children to maintain a comfortable body temperature. During the warmer months of spring and summer lightweight cotton is appropriate. Drinking beverages helps the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high sugar content beverages or soda pop. Sunscreen may be used year around. Use a sunscreen labeled as SPF15 or higher. Apply sunscreen generously and frequently. Read the label of the sunscreen product. You can also use sunscreen to block harmful rays from the sun. Look for sunscreen with UVB and UVA ray protection. Have children play in shaded areas or create shade in the play area.

CONDITION "RED"

During the conditions indicated by the darkest shading, (top of chart) most children should not play outdoors due to the health risk. INFANTS AND TODDLERS should play indoors and have ample space for large motor play. YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions. OLDER CHILDREN may play outdoors for short periods of time. Child care providers must be vigilant about proper clothing, beverages and use of sunscreen.

CONDITION "YELLOW"

The next area of lighter shading (middle of the chart) means that the child care provider should use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS – shorten the length of time for outdoor play.

YOUNG CHILDREN – Younger children may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for young children.

CONDITION "GREEN"

The white area (bottom of the chart) indicates that most children may play outdoors and be comfortable.

INFANTS AND TODDLERS are unable to tell providers if they are too hot or too cold. They may become fussy when uncomfortable. Infants/toddlers tolerate shorter periods of outdoor play. Give beverages while playing outdoors.

YOUNG CHILDREN need to be reminded to stop playing, drink a beverage and apply more sunscreen. In cold weather they need to be reminded to wear the proper clothing.

OLDER CHILDREN need to apply sunscreen and be given opportunities for beverages while outdoors. In cold weather they need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats, or mittens).