



ECS Outdoor PE Plan – Cold Weather

Windchill	When & Where	Plan	Phys Ed Teacher Responsibilities	Student Responsibilities	Family Responsibilities
0 to -27 C with windchill	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> Everyone outside 	<ul style="list-style-type: none"> Provide extra mitts & scarves Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety Outside with everyone for the duration of the class (no warm-up breaks) 	<ul style="list-style-type: none"> Required Items <ul style="list-style-type: none"> Mitts/gloves Toque or hood Jacket Borrow required clothing if necessary 	<ul style="list-style-type: none"> Receive information from PE teacher prior to outdoor unit (information sent out via Edsby) Ensure child has required clothing at school Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants
-28 to -39 C with windchill	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> Some inside Polar Bear club option to go outside 	<ul style="list-style-type: none"> Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety Outside with Polar Bear PE Check in with students at 10-15min intervals 	<ul style="list-style-type: none"> Choose to go outside on a class-by-class basis Can go inside at any time Multiple base/under layers Warm toque/hat Snow pants Face covering Insulated jacket Mitts/gloves Snow boots 	<ul style="list-style-type: none"> Consent is required to go outside (permission click Polar Bear Club) Ensure child has required clothing at school Stock <i>Comfy Kit</i> with layers, extra socks, boots, ski pants
-40 C with windchill	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> Everyone inside 	<ul style="list-style-type: none"> Regular indoor instruction 	<ul style="list-style-type: none"> Regular indoor instruction 	<ul style="list-style-type: none"> Regular indoor instruction

Sources:

[Polar Bear Club - ECS .pdf](#)

[Work in Extreme Weather - PTSD.pdf](#)



ECS Outdoor PE Plan – Hot Weather

Humidex	When & Where	Plan	Phys Ed Teacher Responsibilities	Student Responsibilities	Family Responsibilities
Humidex below 40	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none">All outside	<ul style="list-style-type: none">Provide dynamic, outcome based outdoor programming, including educating students about outdoor safetyOutside with everyone for the duration of the class (no indoor breaks)	<ul style="list-style-type: none">Drink plenty of fluidsWear light clothing & keep head coveredApply sunscreen (>SPF 15)Slow down & take breaks	<ul style="list-style-type: none">Stock <i>Comfy Kit</i> with sunscreen, sunglasses, hat, water bottle
Humidex 40 & above	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none">All outside	<ul style="list-style-type: none">Provide only light activity optionsAllow for water breaksEncourage play in shaded areasRest is supported	<ul style="list-style-type: none">Drink plenty of fluidsWear light clothing & keep head coveredApply sunscreen (>SPF 15)Slow down & take breaks	<ul style="list-style-type: none">Stock <i>Comfy Kit</i> with sunscreen, sunglasses, hat, water bottle
Humidex 45 & above	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none">All inside	<ul style="list-style-type: none">Regular indoor instruction	<ul style="list-style-type: none">Regular indoor instruction	<ul style="list-style-type: none">Regular indoor instruction

Humidex Temperature and Relative Humidity								
Relative humidity % Temp °C	100%	95%	90%	85%	80%	75%	70%	65%
21°C	29	29	28	27	27	26	26	24
22°C	31	29	29	28	28	27	26	26
23°C	33	32	32	31	30	29	28	27
24°C	35	34	33	33	32	31	30	29
25°C	37	36	35	34	33	33	32	31
26°C	39	38	37	36	35	34	33	32
27°C	41	40	39	38	37	36	35	34
28°C	43	42	41	41	39	38	37	36
29°C	46	45	44	43	42	41	39	38
30°C	48	47	46	44	43	42	41	40
31°C	50	49	48	46	45	44	43	41
32°C	52	51	50	49	47	46	45	43

Sources

[Warm Weather Safety -MB School Boards.pdf](#)



ECS Outdoor PE Plan – Smokey Weather

Air Quality Rating	When & Where	Plan for General Population	Phys Ed Teacher Responsibilities	Student Responsibilities	Family Responsibilities
1-3	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> All outside 	<ul style="list-style-type: none"> Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety Outside with everyone for the duration of the class (no indoor breaks) 	<ul style="list-style-type: none"> Drink plenty of fluids Apply sunscreen (>SPF 15) Slow down & take breaks 	<ul style="list-style-type: none"> Regular outdoor instruction
4-6	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> Most outside Modification for at risk students 	<ul style="list-style-type: none"> Provide dynamic, outcome based outdoor programming, including educating students about outdoor safety 	<ul style="list-style-type: none"> Self-monitor coughing, sore eyes, throat irritation and breathing Communicate with PE teacher 	<ul style="list-style-type: none"> Inhaler on person if applicable Option to bring/ wear a mask Communicate with your child's PE teacher, if your child is at risk
7-10	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> Most outside Modification for at risk students 	<ul style="list-style-type: none"> Provide only light activity options Allow for water breaks Rest is supported 	<ul style="list-style-type: none"> Self-monitor coughing, sore eyes, throat irritation and breathing Communicate with PE teacher 	<ul style="list-style-type: none"> Inhaler on person if applicable Option to bring/ wear a mask Communicate with your child's PE teacher, if your child is at risk
10+	When? Decided on a period-by-period basis Where? Weather Network R3R0Z9	<ul style="list-style-type: none"> All inside 	<ul style="list-style-type: none"> Regular indoor instruction 	<ul style="list-style-type: none"> Regular indoor instruction 	Regular indoor instruction

Sources

[Air Quality Information - PTSD & MB ED.pdf](#)