

# NESD HEAD START

## OUTDOOR TIME POLICY

It is the policy of the NESD Head Start Program that children participate in outdoor play and activities on a regular basis as part of the Head Start curriculum. Outdoor time is an important part of the healthy growth and development of children. Children are taken outside as long as they are properly clothed and the weather conditions permit. Planning for outdoor playtime and field trips is part of the daily routine at Head Start and staff/parents need to monitor the weather conditions for the health and safety of the children.

The following outdoor time/weather condition procedures are followed by all Head Start staff:

### **Wind Chill**

- 30° is chilly and generally uncomfortable – short outdoor times, properly dressed
- 15° to 30° is cold – should not go outdoors for more than 5 to 10 minutes, properly dressed
- 0° to 15° is very cold – No outdoor time
- Below 0° – No outdoor time

### **Heat Index**

- 80° or below is considered comfortable
- 90° beginning to feel uncomfortable – may shorten outdoor time
- 100° uncomfortable and may be hazardous – should not go outside for more than 10 minutes in the shade
- 110° considered dangerous – NO outdoor time

Before going outside, check the temperature as recorded on internet weather site and the Child Care Weather Watch Wind-Chill Factor and Heat Index Charts

### **Sun Safety and Insect Repellent**

A written authorization is obtained from the parent/guardian before any sunscreen or insect repellent is applied. The NESD Head Start Program will purchase sunscreen and insect repellent for each site.

### **Sun Safety**

Caregivers/teachers should implement the following procedures to ensure sun safety for themselves and the children under their supervision:

Find shade when available, wear a hat or cap if provided, limit sun exposure between 10 AM and 2 PM, wear sunglasses if provided and apply sunscreen if children are expected to be outdoors for an extended period of time.

- All label instructions should be followed

- Sunscreen will be applied by an adult before going outdoors for an extended period of time (i.e. field trips, extended outdoor play time, etc.) and if children are outdoors for more than one hour, will need to be reapplied after 2 hours.
- Sunscreen should be applied 30 minutes before sun exposure.

### **Protection from Vector-Borne Diseases**

Caregivers/teachers should implement the following procedures to ensure safety for themselves and the children under their supervision:

- Apply insect repellent during peak seasons and/or if insects are present in play areas.
- All label instructions should be followed
- Apply insect repellent to the teacher's hand first and then put it on the child with just enough to cover exposed skin, do not apply under clothing, do not use on child's hands, avoid eye/mouth areas, do not use over cuts/irritated skin, do not use near food, if the child reacts to repellent, call the poison center (1-800-222-1222) for further guidance.

Authority: HSPPS 1302.47 Caring for Our Children: National Health and Safety Performance Standards 3.4.5.1 Sun Safety Including Sunscreen and 3.4.5.2 Insect Repellent and Protection from Vector-Borne Diseases