

# Recess During Cold Weather

Saint Paul Public Schools uses the National Weather Service (NWS) wind chill chart to determine whether recess will be held outside. Wind chill is the temperature it feels like on your skin when the wind is blowing. The stronger the wind, the colder it feels.

In the past, schools would often use their own discretion on whether to keep students inside during cold days. Beginning in the 2018-19 school year, schools will keep students inside if the wind chill is expected to be colder than -10 degrees below zero. Based on the amount of time for recess (approximately 20 minutes) a threshold of -10 degrees wind chill allows for a safe amount of time outside. Please note that students who do not have the appropriate winter clothing will not be able to participate in outdoor recess.

As you can see in the chart below, if the temperature is 10 degrees above zero with winds of 15 miles per hour, the wind chill would be -7 degrees. This would allow recess to continue outside safely. However, if the temperature is 0 degrees with a 5 mph wind, the wind chill would be -11 degrees, requiring recess to be held indoors.



## NWS Windchill Chart

