

Administrative Procedure 3110

***Outdoor Physical Activity Breaks for Students***

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**Board Governance Policy Cross Reference:** [1, 12, 13](#)

**Administrative Procedures Cross Reference:**

[Student Supervision](#)

**Form Cross Reference:**

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**Legal/Regulatory Reference:**

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The Interlake School Division (ISD) recognizes the benefits of outdoor physical activity breaks to the health and well being of students. The following guidelines will apply:

1. Activity breaks will take place out-of-doors whenever possible. The Principal shall ensure that appropriate supervision is provided. See [Student Supervision](#).
2. The Principal or designate has the authority to determine whether outdoor conditions are unsafe for outdoor activities and to cancel if necessary. When the weather is questionably cold, the Principal or designate will check the nearest Environment Canada weather office [www.weather.gc.ca](http://www.weather.gc.ca) or local weather station to determine the “windchill hazard/temperature” at that time.
  - a. Temperature/Windchill of -25 degrees C to -29 degrees C - outdoor activity for 15 minutes maximum
  - b. Temperature/Windchill of -30 degrees C or colder - indoor activity

Supervisors should ensure that students have proper clothing for outdoor activities.

3. Schools **may** entertain outdoor activities beyond the guideline in #2 b above, provided **all** of the following conditions are met:
  - a. students are in Grade 4 or higher;
  - b. written parent/guardian permission is secured in advance;
  - c. staff members must be willing to provide outdoor supervision;
  - d. Principals have determined that sufficient supervision levels can be met;

- e. supervisors will ensure participants have appropriate written permission and are appropriately dressed (layers of warm clothing, snow pants, headgear, mittens or insulated gloves, neck tube or face mask, appropriate footwear); and
- f. students who have permission will always have the option to remain in the school for indoor activities and/or change their mind after going outdoors.