



EXTREME WEATHER GUIDANCE FOR SCHOOLS

California Senate Bill (SB) 1248, also known as Yahushua’s Law, is a student safety law requiring every K-12 public and charter school to adopt enforceable weather safety policies for outdoor activities. Signed into law to prevent heat-related tragedies, it standardizes rules for recess, physical education, and athletic programs.

Guidelines for Local Educational Agencies on Developing Weather Safety Protocols Pursuant to California Education Code 33355.

Legal Notification: Pursuant to Education Code Section 33355(a)(1), the California Department of Education has developed these Guidelines to assist local educational agencies in their development of weather protocols for extreme weather conditions. The protocols developed by local educational agencies pursuant to Education Code section 33355(b)(2) shall, in part, incorporate the Guidelines compiled by the California Department of Education.

Authority

California Education Code (EC) 33355 (added by Stats. 2024 [Senate Bill 1248] eff. January 1, 2025) requires, in part, that on or before January 1, 2026, the California Department of Education (CDE), in consultation with relevant stakeholders and experts, compile and post “standardized guidelines specifying temperature thresholds or index ratings that trigger modifications to pupil physical activities during extreme weather conditions. The standardized guidelines shall consider relevant factors, including but not limited to, pupil ages, harmful duration of exposure to extreme weather conditions, overall pupil safety, and available mitigation measures.” (EC 33355(a)(1)).

EC 33355(b) requires, in part, that: “(1) On or before July 1, 2026, each local educational agency [LEA] shall develop, adopt, and implement weather protocols for extreme weather conditions; (2) The weather protocols shall incorporate the standardized guidelines compiled by the [CDE] pursuant to subdivision (a) [of EC 33355] and shall detail the specific measures to be taken during extreme weather conditions, including, but not limited to, all of the following:

Extreme Weather Guidance for Schools

The following guidelines were created for schools to increase student safety during periods of hot weather, cold weather or inclement air quality conditions.

Periods of extreme heat can increase the risk of heat-related illness for students and staff, particularly during outdoor activities such as recess, physical education, athletics, lunch periods, and school events. Schools should take appropriate precautions during hot weather to help protect the health and safety of students and staff. Planning ahead and monitoring heat conditions can help schools make informed decisions about outdoor activities and supervision.

Air Quality: Local air quality affects how you live and breathe, and changes from day to day and even hour to hour. The Air Quality Index (AQI) is an index for reporting daily air quality. The AQI is a calculation of major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution, carbon monoxide, and sulfur dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health.

Cold Weather: Relatively low temperatures. Near-freezing temperatures are considered "extreme cold". The windchill is the combination of temperature, moisture, and wind speed. These weather-related conditions may lead to serious health problems, as heat can rapidly leave your body.

Children take longer to adjust to hot environments than adults do, and their bodies reach core temperature much faster. Children's bodies have greater surface area to body mass ratio, so they absorb more heat on a hot day (and lose heat more rapidly on a cold day). Also, children have considerably lower sweating capacity than adults, and so they are less able to dissipate body heat by evaporative sweating and cooling.

Heat Risk Levels for Schools

Schools can use the National Weather Service **HeatRisk** forecast to help guide decisions about outdoor activities, including recess, physical education, athletics, lunch periods, and school events. Visit the [NWS HeatRisk Forecast](#).

In recognition of these risks, California Education Code §33355 requires the California Department of Education to publish standardized guidelines identifying temperature thresholds and environmental conditions that may require modification or cancellation of outdoor physical activities. These guidelines are intended to support local educational agencies (LEAs) in developing local protocols that protect student safety during extreme weather conditions. School administrators and staff should consider local weather conditions, student and staff needs, and available guidance when determining appropriate extreme weather protocols.

- **Clear criteria** for determining when weather conditions are considered extreme weather conditions and warrant modification or cessation of outdoor physical activities.

The District shall utilize the National Weather Service (NWS) HeatRisk Tool, local temperature readings, Air Quality Index (AQI) data, National Weather Service alerts, local emergency notifications, and other credible weather monitoring sources to determine when weather conditions require modification, relocation, or cancellation of outdoor activities.

Extreme weather conditions include, but are not limited to:






- NWS HeatRisk levels identified as Major (Red) or Extreme (Magenta)
- Air Quality Index (AQI) levels that exceed recommended thresholds for outdoor activity as established


by state or local health agencies

- Wildfire smoke conditions affecting outdoor air quality
- Severe thunderstorms, lightning, high winds, flooding, excessive precipitation, snow, ice, or freezing temperatures
- Any weather-related condition determined by District administration to present a health or safety risk to students or staff

When extreme weather conditions exist, outdoor physical activities shall be modified, relocated indoors, postponed, or canceled as necessary to protect student and staff safety.

SCHOOL HEAT RISK GUIDELINES & SAFETY ACTIONS

GREEN - Little to No Risk	YELLOW - Minor Risk	ORANGE - Moderate Risk	RED - Major Risk	MAGENTA - Extreme Risk
Conditions:  Comfortable temperatures with risk of heat illness.	Conditions:  Moderately high temperatures; tolerated by most.	Conditions:  Hot temperatures that require attention.	Conditions:  Very hot temperatures; significant risk to <i>many</i> .	Conditions:  Extreme heat; very dangerous for entire population.
Who may be affected: <ul style="list-style-type: none">• No groups at elevated risk.	Who may be affected: <ul style="list-style-type: none">• Heat-sensitive students and staff.	Who may be affected: <ul style="list-style-type: none">• Unacclimated individuals and heat-sensitive groups.	Who may be affected: <ul style="list-style-type: none">• Students and staff in direct sun or physical activity.	Who may be affected: <ul style="list-style-type: none">• All individuals.
School considerations: <ul style="list-style-type: none">• Normal outdoor activities may continue;• Ensure water access and encourage hydration;	School considerations: <ul style="list-style-type: none">• Increase hydration and cooling breaks;• Use shaded areas;• Monitor conditions frequently.	School considerations: <ul style="list-style-type: none">• Limit strenuous outdoor activities;• Utilize shaded or cooled indoor areas,• Ensure frequent hydration.	School considerations: <ul style="list-style-type: none">• Modify, reschedule, or move outdoor activities indoors if possible• Monitor students and staff closely for signs of heat illness;	School considerations: <ul style="list-style-type: none">• Cancel all outdoor activities;• Students/staff should remain in cooled indoor environment,• Ensure frequent hydration; monitor health closely.

 People at higher risk: young children, chronic conditions, pregnant individuals, non-acclimated, and heat-sensitive individuals.

*Populations at higher risk of heat-related health impacts include older adults, young children, unhoused residents, those with chronic health conditions, outdoor workers, those exercising or doing strenuous activities outdoors during the heat of the day, pregnant individuals, those living in low-income communities, and more.

**For Extreme (Magenta/4) and Major (Red/3) risk levels, CDPH recommends more caution and therefore guides canceling outdoor activities based on these scenarios.

➤ **Procedures** for monitoring weather forecasts and alerts to anticipate extreme weather conditions.

The Superintendent or designee shall monitor weather forecasts and air quality conditions daily whenever extreme weather is forecasted or occurring.

Monitoring sources may include:

- National Weather Service (NWS) HeatRisk Tool
- National Weather Service forecasts and alerts
- CalHeatScore
- AirNow.gov
- Local Air Quality Management District reports

- Tuolumne County Public Health advisories
- Cal OES emergency notifications

Weather conditions shall be reviewed prior to the start of the school day and periodically throughout the day whenever conditions warrant. Site administrators may conduct additional monitoring as conditions change.

Extreme weather conditions include environmental conditions that may pose a significant risk to student or staff health and safety. Such conditions include, but are not limited to:

- Excessive heat as identified through the National Weather Service HeatRisk Tool
- Poor air quality resulting from wildfire smoke, pollution, or other environmental factors
- Severe thunderstorms or lightning activity
- High winds that create unsafe outdoor conditions
- Heavy rain, flooding, or flash flood warnings
- Freezing temperatures, snow, ice, or dangerous wind chill conditions
- Any local, state, or federal weather advisory, watch, or warning affecting school operations

The District may modify activities whenever conditions are reasonably believed to present a safety concern regardless of whether specific thresholds have been reached.

- **Protocols** for communicating with staff, pupils, and parents or guardians regarding changes to outdoor activities due to extreme weather conditions.

The District shall communicate weather-related modifications, relocations, postponements, or cancellations of outdoor activities in a timely and consistent manner.

Staff Notification

- The Superintendent or designee shall notify site administrators as soon as a decision is made.
- Site administrators shall communicate changes to affected staff, including teachers, classified staff, coaches, after-school program staff, and activity supervisors.
- Staff shall be informed of any changes to supervision assignments, schedules, activity locations, or student safety procedures.

Student Notification

- Students shall be informed of activity changes through classroom teachers, announcements, or direct communication from activity supervisors.
- Staff shall provide clear instructions regarding revised schedules, indoor activity locations, and behavioral expectations.

Parent/Guardian Notification

- For significant modifications, cancellations, or relocations affecting recess, physical education, athletics, field trips, after-school programs, or school-sponsored events, the District shall notify parents/guardians through District Autodialer, email, text message, telephone notification, website posting, or other established communication systems.
- Notifications shall include:
 - The reason for the modification or cancellation;

- The anticipated duration of the change;
- Any revised pickup, transportation, or event information; and
- Contact information for questions.

Emergency Conditions

- When weather conditions change rapidly or unexpectedly, the District may implement immediate protective measures before parent notification occurs. Parent communication shall follow as soon as practicable.

Documentation

- Site administrators shall document significant weather-related activity modifications, cancellations, or closures and maintain records consistent with District procedures.
- **Designation** of indoor alternative activities that can be safely conducted during extreme weather conditions.

When outdoor activities are modified, relocated, or canceled due to extreme weather conditions, schools shall provide safe, supervised indoor alternatives whenever feasible.

Recess

Students may participate in:

- Classroom games and activities
- Board games, puzzles, and structured recreation
- Reading, drawing, or educational enrichment activities
- Age-appropriate movement breaks conducted indoors
- Social-emotional learning activities

Physical Education

Physical education staff may provide:

- Indoor fitness circuits
- Stretching, yoga, and flexibility activities
- Low-impact aerobic activities
- Health and wellness instruction
- Team-building activities that do not require strenuous exertion
- Classroom-based physical activity lessons

Athletics and Extracurricular Activities

Coaches and advisors may utilize:

- Gymnasiums and multipurpose rooms
- Weight training and conditioning activities conducted indoors
- Team meetings, film review, strategy sessions, and skill instruction
- Leadership, sportsmanship, and rules education
- Modified indoor practices consistent with facility capacity and safety requirements

Lunch and Student Gathering Periods

Students may be relocated to:

- Cafeterias
- Multipurpose rooms
- Gymnasiums
- Libraries
- Classrooms or other designated indoor spaces

After-School Programs

Expanded Learning and after-school programs shall maintain a list of approved indoor activities and designated indoor locations to ensure continuity of services during extreme weather events.

Safety Requirements

All indoor alternative activities shall:

- Be appropriately supervised;
- Maintain student-to-staff ratios required by law and program requirements;
- Consider facility occupancy limits;
- Accommodate students with disabilities and health needs;
- Provide access to drinking water, restrooms, and emergency medical support; and
- Avoid strenuous physical exertion when heat, air quality, or other environmental conditions remain a concern.

*Primary indoor alternative locations include the Multipurpose Room, Gymnasium, Library, Cafeteria, Classrooms, and Chinese Camp Science Academy indoor learning spaces. Expanded Learning Program (ELOP/ASES) staff shall maintain site-specific indoor activity plans for use during extreme weather conditions.

➤ **Training** for staff members on recognizing signs of weather-related distress in pupils and appropriate response measures.

- **Public School Works Courses**

- **M-845 Severe Weather - Occupant Safety**

Severe weather poses a significant risk to the safety of students and staff within the school. While rare, severe weather events have caused significant injury and even death to those taking shelter within a school. Despite the unpredictability of weather conditions, there are several things you can do to prevent injury or loss of life, such as knowing the difference between a watch and a warning, staying calm during weather events, knowing the safety areas in your school and reviewing your district's safety procedures and practicing them often. This course will teach you about various weather situations and allows you to review weather conditions applicable to your area. You may choose to review severe weather events, such as flood, lightning, tornadoes, hurricanes, winter weather, earthquakes and/or wildfires. With that in mind, some of the things you may learn are: the definition of a watch and a warning and the differences in regard to tornados, hurricanes, winter weather and wildfires; causes and types of flooding; what lightning is and when it can happen; the best way to avoid being struck by lightning and precautions you should take; how a tornado forms and how it is measured; how a hurricane develops and how it is categorized; how administrators make the decision to close or delay schools; what an earthquake is and how it is measured; steps to keep students safe and how to safety evacuate; and tips for bus drivers if caught in a wildfire.

- **M-846 Severe Weather - Property Protection**

Protecting students and co-workers during a severe weather emergency is the priority, but, with careful preparation and quick action, you might also be able to prevent damage to school property. While you can't always prevent damage due to severe weather, there are several practical steps that you can take to minimize damage. This course will discuss steps you can take before and during a severe weather event that will help minimize damage, as well as steps to take after the event.

- **Other Trainings:**

All staff responsible for supervising students outdoors shall receive annual training regarding:

- Recognition of heat-related illness and weather-related distress
- Emergency response procedures
- District extreme weather protocols
- Air quality awareness and protective measures
- Student supervision expectations during extreme weather conditions

Training may be incorporated into annual safety training, Public School Works training modules, staff meetings, athletic training programs, or other District-approved professional development activities.

- **Coordination** with relevant local agencies and experts to ensure timely access to weather-related information and resources.

The District shall coordinate with appropriate local, regional, state, and federal agencies to obtain timely weather-related information, forecasts, alerts, guidance, and resources necessary to support safe decision-making during extreme weather conditions.

The Superintendent or designee shall monitor and utilize information from, as appropriate:

- The National Weather Service (NWS)
- California Department of Education (CDE)
- California Department of Public Health (CDPH)
- California Office of Emergency Services (Cal OES)
- Tuolumne County Office of Emergency Services
- Tuolumne County Public Health Department
- Tuolumne County Superintendent of Schools
- Local Air Quality Management District and AirNow.gov
- CalFire and local fire protection agencies
- Tuolumne Utilities District and local utility providers regarding Public Safety Power Shutoff (PSPS) events
- Local law enforcement and emergency response agencies
- Other agencies or experts as conditions warrant

When significant weather events are anticipated or occurring, District administration may consult with county emergency management officials, public health officials, fire agencies, transportation providers, and utility companies to assess potential impacts on student safety, school operations, transportation, air quality, and facility conditions.

The District shall maintain current emergency contact information and participate in applicable emergency notification systems to ensure timely receipt of weather-related alerts and advisories.

Information obtained through these agencies shall be considered when determining whether outdoor activities should be modified, relocated, postponed, or canceled and whether additional protective measures are necessary to ensure the safety of students and staff.

Recommended Best Practices for LEA Consideration

In developing the weather protocols, LEAs may wish to consider:

- Including air quality conditions when determining whether outdoor physical activity should be modified.
- Adopting Air Quality Index (AQI) thresholds for reducing or discontinuing strenuous outdoor activities.
- Establishing procedures for relocating activities indoors during periods of poor air quality or wildfire smoke.
- Identifying and maintaining adequate mitigation resources, such as shade structures, hydration stations, and indoor cooling areas.
- Providing equitable access to mitigation measures across school sites within the LEA.
- Planning for flexible scheduling to accommodate weather variability.

Suggested Structure for Local Weather Protocols for Extreme Weather Conditions

- Purpose and Scope

The purpose of this protocol is to protect the health, safety, and well-being of students and staff during periods of extreme weather conditions. These procedures apply to all District-sponsored outdoor activities including recess, physical education classes, athletic practices and competitions, field trips, lunch periods, after-school programs, and other school-sponsored events conducted outdoors.

The District shall monitor weather conditions and implement appropriate mitigation measures to reduce the risk of weather-related illness or injury. Student safety shall be the primary consideration in all decisions regarding outdoor activities.

- **Definitions of Extreme Weather Conditions**

Extreme weather conditions include environmental conditions that may pose a significant risk to student or staff health and safety. Such conditions include, but are not limited to:

- Excessive heat as identified through the National Weather Service HeatRisk Tool
- Poor air quality resulting from wildfire smoke, pollution, or other environmental factors
- Severe thunderstorms or lightning activity
- High winds that create unsafe outdoor conditions
- Heavy rain, flooding, or flash flood warnings
- Freezing temperatures, snow, ice, or dangerous wind chill conditions
- Any local, state, or federal weather advisory, watch, or warning affecting school operations

The District may modify activities whenever conditions are reasonably believed to present a safety concern regardless of whether specific thresholds have been reached.

- **Weather and Air Quality Monitoring Procedures**

The Superintendent or designee shall monitor weather forecasts and air quality conditions daily whenever extreme weather is forecasted or occurring.

Monitoring sources may include:

- National Weather Service (NWS) HeatRisk Tool
- National Weather Service forecasts and alerts
- CalHeatScore
- AirNow.gov
- Local Air Quality Management District reports
- Tuolumne County Public Health advisories
- Cal OES emergency notifications

Weather conditions shall be reviewed prior to the start of the school day and periodically throughout the day whenever conditions warrant. Site administrators may conduct additional monitoring as conditions change.

➤ **Decision-Making Responsibilities and Timelines**

The Superintendent or designee shall have final authority regarding modification, relocation, postponement, or cancellation of outdoor activities due to extreme weather conditions.

Site administrators, athletic coaches, physical education teachers, and activity supervisors shall monitor conditions during activities and immediately report concerns to administration.

Whenever possible:

- Decisions affecting the school day shall be made prior to student arrival.
- Decisions affecting athletic events or after-school activities shall be made as early as practicable.
- Decisions may be modified at any time based on changing weather conditions.

Student safety concerns observed during activities may result in immediate suspension of the activity regardless of prior decisions.

➤ **Criteria for Modifying or Canceling Outdoor Activities**

The District shall use the following general guidelines:

Green (Little to No Risk):

Normal outdoor activities may proceed.

Yellow (Minor Risk):

Outdoor activities may continue with increased hydration opportunities, access to shade, and observation of students and staff.

Orange (Moderate Risk):

Outdoor activities may be modified to reduce intensity or duration. Additional water breaks and shaded or indoor locations shall be utilized whenever feasible.

Red (Major Risk):

Strenuous outdoor activities, including physical education, athletics, and vigorous recess activities, shall be relocated indoors, significantly modified, postponed, or canceled.

Magenta (Extreme Risk):

All outdoor physical activities shall be canceled or relocated indoors.

In addition, outdoor activities may be modified or suspended due to poor air quality, lightning, severe storms, flooding, high winds, freezing temperatures, wildfire conditions, or other hazardous environmental conditions.

➤ **Indoor and Alternative Activity Plans**

When outdoor activities are modified or canceled, schools shall utilize indoor facilities whenever available, including classrooms, multipurpose rooms, gymnasiums, libraries, cafeterias, and other suitable indoor spaces.

Alternative activities may include:

- Indoor physical fitness activities
- Educational games and movement activities
- Social-emotional learning activities
- Classroom-based recreation
- Structured indoor supervision

Staff shall ensure alternative activities remain age-appropriate, adequately supervised, and consistent with student safety requirements.

➤ **Communication Protocols**

The District shall communicate weather-related activity modifications to staff, students, and families as soon as practical.

Communication methods may include:

- Autodialer notifications
- Email communications
- Telephone notifications
- District website postings
- Staff communications and announcements

Communications shall identify the weather concern, describe any activity modifications or cancellations, and provide additional instructions when necessary.

➤ **Mitigation Measures and Site Preparedness**

The District shall maintain reasonable measures to reduce weather-related risks, including:

- Access to potable drinking water throughout the school day
- Access to shaded outdoor areas whenever available
- Air-conditioned indoor spaces for cooling during periods of excessive heat
- Indoor spaces available during poor air quality events
- Access to first aid supplies and emergency response procedures
- Monitoring of students identified as medically vulnerable

Staff shall encourage hydration and monitor students for signs of heat-related illness, respiratory distress, or other weather-related health concerns.

➤ **Staff Training Requirements**

All staff responsible for supervising students outdoors shall receive annual training regarding:

- Recognition of heat-related illness and weather-related distress
- Emergency response procedures
- District extreme weather protocols
- Air quality awareness and protective measures
- Student supervision expectations during extreme weather conditions

Training may be incorporated into annual safety training, Public School Works training modules, staff meetings, athletic training programs, or other District-approved professional development activities.

➤ **Annual Review and Update Process**

The Superintendent or designee shall review these protocols annually and recommend revisions as needed to ensure continued compliance with California Education Code Section 33355, California Department of Education guidance, public health recommendations, and local operational needs.

The review shall consider:

- Changes in law or regulation
- Updated state guidance
- Local weather trends and incidents
- Feedback from staff and site administrators
- Effectiveness of implementation

Any substantive revisions shall be presented to the Governing Board for review and adoption.

Local Site Considerations

Due to the District's location in the Sierra foothills, weather protocols shall specifically consider wildfire smoke events, Public Safety Power Shutoff (PSPS) events, extreme heat, poor air quality, winter storm conditions, and transportation impacts affecting student safety

School Considerations During Extreme Heat



Hydration

Provide frequent opportunities for students and staff to drink water throughout the day. Encourage hydration even when individuals do not feel thirsty.

Shade and Cooling

Use shaded areas for outdoor supervision and activities whenever possible. Provide access to cooling stations, air-conditioned spaces, or indoor areas during periods of elevated heat without restriction. Remind and encourage students to take rests in these areas.

Scheduling

When possible, avoid or modify outdoor activities during the hottest part of the day, generally between 10 a.m. and 5 p.m. Consider moving outdoor activities indoors during these hours.

Clothing and Sun Protection

Encourage lightweight, light-colored, loose-fitting clothing when appropriate. Hats and sunscreen may also help reduce sun exposure during outdoor time.

California Education Code § 35183.5 mandates that schools allow students to use sunscreen during the school day without a physician's note or prescription. It also permits the use of sun-protective clothing, such as hats, during outdoor activities.

Acclimatization

Students who are new to the area or returning after time away may be more affected by heat. It often takes 1 to 2 weeks for the body to adjust to local weather conditions.

Health Needs and Individual Plans

Some students may have medical conditions that increase the risk of heat illness. School health staff should review student health care plans and consider whether additional accommodations may be needed during periods of extreme heat. Accommodations or considerations should be documented in the *Individualized Health Plan (IHP)* and *504 Accommodations* if appropriate.

Recognizing Heat-Related Illness

School staff supervising outdoor activities should know the signs of heat-related illness and be prepared to respond quickly.

Heat Exhaustion

Common signs and symptoms:

- Heavy sweating
- Weakness
- Dizziness
- Headache
- Nausea
- Cool or clammy skin
- Rapid pulse

What to do:

- Move the person to a cool or shaded location
- Loosen clothing
- Apply cool, wet cloths
- Offer small sips of water if the person is alert
- Monitor closely
- Seek medical help if symptoms worsen or do not improve

Heat Stroke

Common signs and symptoms:

- Confusion
- Disorientation
- Slurred speech
- Hot skin, which may be dry or still sweaty
- Rapid, strong pulse
- Collapse
- Seizures
- Unconsciousness

What to do:

- Call 911 immediately
- Move the person to a cool or shaded area
- Begin cooling the person immediately by applying cool water or wet cloths to the skin, and using fans to help lower body temperature while waiting for emergency responders.

Heat stroke is a life-threatening emergency.

Always call 911!

Resources

The following resources provide additional guidance on heat safety, recognizing heat-related illness, and protecting students and staff during periods of extreme heat.

California Department of Education (CDE)**Senate Bill 1248: Extreme Weather Guidelines**

These guidelines outline California’s recommended weather thresholds and safety practices for modifying or pausing outdoor student activities during extreme weather and require local educational agencies (LEAs) to develop and implement aligned weather protocols by July 1, 2026.

[View Senate Bill 1248: Extreme Weather Guidelines](#)

California Department of Public Health (CDPH)**Health Guidance for Schools on Sports and Strenuous Activities During Extreme Heat**

Provides recommendations for schools on modifying outdoor activities, protecting students during physical exertion, and recognizing signs of heat illness.

[View CDPH School Heat Guidance](#)

National Weather Service (NWS)**HeatRisk Forecast Tool**

An interactive forecast tool that helps schools understand heat risk levels in their area and plan outdoor activities accordingly.

[View the NWS HeatRisk Forecast](#)

California Public Health Departments**Heat Safety Information**

Local guidance on preventing heat-related illness, recognizing symptoms, and protecting vulnerable populations during extreme heat events.

[Visit County Heat Safety Resources](#)

Centers for Disease Control and Prevention (CDC)

Heat and Health

Information on preventing heat-related illness, recognizing symptoms, and responding to heat emergencies.

[View CDC Heat and Health Guidance](#)

California Interscholastic Federation (CIF)

Extreme Heat and Air Quality Policy for Athletics

Provides requirements and guidance for high school athletic programs to help prevent heat illness during practices and competitions.

[View CIF Extreme Heat and Air Quality Policy](#)

California Air and Resource Board

California's 35 local Air Districts are responsible for regional air quality planning, monitoring, and stationary source and facility permitting. The districts administer air quality improvement grant programs and are CARB's primary partners in efforts to ensure that all Californians breathe clean air.

[Local Air Quality Management District Resources](#)

Cal Heat Score

CalHeatScore shows daily rankings of forecasted heat impacts across California ZIP codes.

[CalHeatScore Tool](#)