

# OUTDOOR PLAY & WEATHER POLICY

Center Name: \_\_\_\_\_

Location: River Oaks, Texas 76114

Outdoor play is an important part of our daily schedule and helps support children's physical, social, and emotional development. In accordance with Texas Minimum Standards, children will have daily outdoor play weather permitting and will participate in indoor physical activity if outdoor play is limited or canceled.

## Daily Outdoor Requirement

- Children 13 months and older will have at least 60 minutes of outdoor play each day, divided into two sessions when possible.
- Infants (birth–12 months) may go outside as tolerated.

## Weather & Health Safety Guidelines

Outdoor play will be adjusted, limited, or canceled for health and safety when the following conditions are present:

Temperature below 35°F — Outdoor play canceled or reduced to no more than 10–15 minutes, with appropriate clothing.

Temperature above 100°F OR Heat Index above 100°F — Outdoor play canceled or limited to 10–15 minutes in shaded areas with hydration breaks.

Air Quality Index (AQI) 101 or higher — Outdoor time limited, and canceled at AQI 151+. Children with asthma or respiratory needs will remain indoors.

Rain, thunderstorms, lightning, hail, ice — Outdoor play canceled.

High winds, standing water, or unsafe playground conditions — Outdoor play canceled until conditions are safe.

If outdoor play is reduced or canceled, additional indoor physical activity will be provided to meet movement requirements.

### Clothing & Supplies

Parents/guardians must ensure children arrive with weather-appropriate clothing, which may include:

- Jackets, hats, mittens for cold weather
- Closed-toe shoes
- Sunscreen and insect repellent (with parent permission)
- Refillable water bottle

The center may refuse outdoor participation for a child if they are not dressed safely for the weather.

### Heat & Sun Safety

- Hydration breaks are scheduled before, during, and after outdoor play.
- Shade and rest periods are provided.
- Sunscreen must be provided by the parent and will be applied with permission.

### Policy on Extreme Weather Days

When outdoor play is canceled due to weather conditions, staff will ensure children receive:

- Indoor physical activity

- Gross motor movement opportunities
- Structured or unstructured exercise time following our activity plan

#### Parent Notifications

If weather changes cause adjustments to our schedule, the center will notify parents when appropriate through daily reports, communication apps, or verbal updates.

#### Licensing Compliance Statement

This policy complies with the Texas Minimum Standards for Child-Care Centers regarding:

- Daily outdoor play (weather permitting)
- Criteria for extreme weather conditions
- Plan for physical activity when outdoor play is limited

## **POLICY ACKNOWLEDGMENT**

I acknowledge that I have read, understand, and agree to the Outdoor Play & Weather Policy.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Center Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_