

## Stay Safe Outdoors in Cold Weather: Important Information, PA Regulations, and CFOC Standards

### Adults and children should wear

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

Click here for Infographic:  
[Avoid, Spot, and Treat: Frostbite & Hypothermia](#)



### Layer-up

**Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton.

**Insulation Layer:** An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool, goose down, or a fleece work best.

**Outer Layer:** The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.

### Hypothermia

- [Hypothermia](#) (abnormally low body temperature) is a dangerous condition that can happen when a person is exposed to extremely cold temperatures.
- In adults, warning signs of hypothermia include shivering, exhaustion or feeling very tired, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. In babies, signs include bright red, cold skin, and very low energy.
- If you notice any of these signs, take the person's temperature. **If it is below 95° F, the situation is an emergency—get medical attention immediately.**

### Frostbite

- [Frostbite](#) is a type of injury caused by freezing. It can lead to a loss of feeling and color in the areas it affects, usually the nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body, and severe cases can lead to amputation (removing the affected body part).
- Signs of frostbite include a white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness. **If you notice signs of frostbite, seek medical care.**

Source: <https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html> accessed 1/2021

#### 55 Pa. Code, Chapter 3270, Child Care Centers

<http://www.pacodeandbulletin.gov/Display/pacode?file=/secure/pacode/data/055/chapter3270/chap3270toc.html&d=>

#### § 3270.114. Outdoor activity.

Weather permitting, children shall be taken out doors daily.

#### Cross References

This section cited in 55 Pa. Code § 3270.13 (relating to waivers).

#### 55 Pa. Code, Chapter 3280, Group Child Care Homes

- [View the regulation](#)

#### 55 Pa. Code, Chapter 3290, Family Child Care Homes

- [View the regulation](#)

## Caring for Our Children (CFOC) Online Database\* Weather-Related Standards

Use the link provided for text of the entire standard.

### Standard 3.1.3.2: Playing Outdoors

<https://nrckids.org/CFOC/Database/3.1.3.2>

Children should play outdoors when the conditions do not pose any concerns health and safety such as a significant risk of frostbite or heat-related illness. Caregivers/teachers must protect children from harm caused by adverse weather, ensuring that children wear appropriate clothing and/or appropriate shelter is provided for the weather conditions. Weather that poses a significant health risk includes wind chill factor below -15°F (-26°C) and heat index at or above 90°F (32°C), as identified by the National Weather Service (NWS) (1). See [link](#) for more information.

#### COMMENTS

- The National Weather Service (NWS) provides up-to-date weather information on all advisories and warnings. It also provides safety tips for caregivers/teachers to use as a tool in determining when weather conditions are comfortable for outdoor play ([www.nws.noaa.gov/om/heat/index.shtml](http://www.nws.noaa.gov/om/heat/index.shtml)).
- To access the latest local weather information and warnings, visit the NWS at [www.weather.gov](http://www.weather.gov); for local air quality conditions, visit <https://www.airnow.gov>.

### Standard 9.2.3.1: Policies and Practices that Promote Physical Activity

<https://nrckids.org/CFOC/Database/9.2.3.1>

The facility should have written policies for the promotion of indoor and outdoor physical activity and the removal of potential barriers to physical activity participation.

### Standard 3.1.3.1: Active Opportunities for Physical Activity

<https://nrckids.org/CFOC/Database/3.1.3.1>

The facility should promote all children's active play every day. Children should have ample opportunity to do moderate to vigorous activities, such as running, climbing, dancing, skipping, and jumping, to the extent of their abilities.

\*American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. CFOC Standards Online Database. Aurora, CO; National Resource Center for Health and Safety in Child Care and Early Education; 2020. [<https://nrckids.org/CFOC/Database/3.1>]. Accessed 1/25/21.



### Weather Watch Chart

<https://idph.iowa.gov/Portals/1/userfiles/128/Child%20Care%20Weather%20Watch%20June%202020%20final.pdf>

Changing weather makes it necessary for child care providers to monitor those changes throughout the day. Planning for daily playtime or field trips, weather safety is an important part of child care provider's daily routine. Monitoring the weather is an essential part of addressing the health and safety needs of children in child care.



### Physical Activity Suggestions with COVID-19 Modifications

Active Learning Lessons with COVID-19 Modifications:

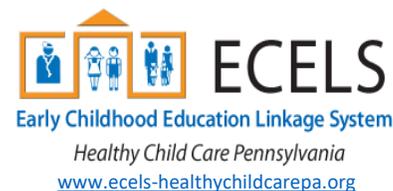
<https://www.doh.wa.gov/Portals/1/Documents/Pubs/340-363-ActiveLearningLessonsCOVID-19.pdf> (from BKC webinar - *Physical Activities that Allow for Physical Distancing Webinar*, 10/15/20)

[https://psu.mediaspace.kaltura.com/media/1\\_qs9yozm9](https://psu.mediaspace.kaltura.com/media/1_qs9yozm9)

## PA Position Statements for the ECERS-R (1/7/2021)

### Pennsylvania Early Learning Keys to Quality

[https://s35729.pcdn.co/wp-content/uploads/2021/01/ECERS-R-PAPS-Final-Jan\\_2021.pdf](https://s35729.pcdn.co/wp-content/uploads/2021/01/ECERS-R-PAPS-Final-Jan_2021.pdf)  
accessed 1/27/21.



The PA Position Statements provide additional scoring guidance and align ERS expectations for high quality practices with Pennsylvania Department of Human Services (DHS) Certification Regulations and other Pennsylvania program specific expectations. Input from multiple sources including the ERS authors, DHS Certification, OCDEL, and other experts was considered in the creation of the PA Position Statements. They can be found on the [PA Keys](#) website.

**#34 Schedule 3.3** (Item/ Indicator/ Indicator Description) Expects one indoor and one outdoor play period daily, but does not give guidance for appropriate weather permitting conditions for outdoor play.

Position Statement: Children are expected to go outside when the forecast temperature/wind chill is above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.

Supporting Guidance: This term is also referenced in PA Certification regulations for centers and group day care homes. It relates to children's opportunities to engage in outside play and activities. However, there is no definition in PA DHS Certification regulations of what constitutes weather permitting. Caring for Our Children Standards state that children should play outdoors unless weather poses a significant risk and includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist.

**#35 Free Play 3.1 and 5.1** (Item/ Indicator/ Indicator Description) Expects free play to occur indoors and outdoors daily but does not give guidance for appropriate weather permitting conditions for outdoor play.

Position Statement: Children are expected to go outside when the forecast temperature/wind chill is above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.

Supporting Guidance: This term is also referenced in PA DHS Certification regulations for centers and group day care homes. It relates to children's opportunities to engage in outside play and activities. However, there is no definition in PA Certification regulations of what constitutes weather permitting. Caring for Our Children Standards state that children should play outdoors unless weather poses a significant risk and includes wind chill at or below 15 degrees, heat index above 90 degrees and/or an air quality alerts exist.