



## Outside Guideline

### Heat Index

less than 90	30 minutes
90-95	15 minutes in the sun, then up to 15 minutes of shade
95-100	5 minutes in sun, then up to 25 minutes of shade play
over 100	Shade play only, limited to 10 minutes

### Wind Chill

Over 55	30 minutes
50-55	15 minutes
45-50	5 minutes
under 45	no outside time

No outside time when raining, snowing, misting, etc

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play