



## Outdoor Activity Guidelines

Prepared by the Outdoor Activity Committee  
 September 23, 2019

Outdoor activities comprise a critical component of how we promote the physical development of our students. Research suggests that those aged 5–17 should have at least 60 minutes of moderate- to vigorous physical activity each day, with greater time providing greater health benefits.

However, there are environmental conditions specific to Macau that need to be carefully considered. For this reason, in September 2019, an Outdoor Activity Committee was formed (members consist of teachers, administrators, parents, and a health professional) which established the following guidelines to strike the right balance between promoting outdoor activity and ensuring the physical safety of our students.

### Typhoons and rainstorms




The Macau Meteorological Bureau (SMG) official provides updates on typhoons on a scale that ranges from T1, the mildest, to T10, which is the most severe. It also publishes rainstorm warnings. Based on this, the Macau Educational Bureau (DSEDJ) stipulates the measures that should be taken for each school department, including class cancellations, that we adhere to.

### Rain and wet weather

All outdoor activities are cancelled when it is raining or when the school determines that the ground is too wet for students to run safely.

### Air quality













In Macau, a real-time air quality index and associated recommendations for outdoor activities (see below) are provided on the SMG website, which the school follows. When the real-time air quality index reaches 101 or above, all outdoor activities are cancelled.

Real-time Index	Recommendations for Outdoor Activities		Influence to health	Advise to public
0 - 100	Suitable		No influence is expected.	No response action is required.
101 - 200	Unsuitable		For people who have cardiac or respiratory disease, symptom might become slightly worse. The general public might experience discomfort.	People who have cardiac and respiratory disease are advised to reduce physical exercise and outdoor activities.
201 or higher	Should not		For people who have cardiac or respiratory disease, symptom might be obviously affected. The general public would experience discomfort.	People are advised to reduce physical exercise and avoid outdoor activities.

Source from Macau Meteorological Bureau (<http://www.smg.gov.mo>)

## UV and temperature

Macau SMG provides a general temperature and UV index to the public (see below). In determining extreme conditions, the SMG does not attach significance to humidity levels or “body-feel temperature”—only normal temperature and the UV index are considered.

The level of index of temperature from Macau SMG		UV Index				
	36 degree centigrade and above					
	33 - 35 degree centigrade	low	moderate	high	very high	extreme
	13-32 degree centigrade	—	45	30	15	10
	8-12 degree centigrade					
	7 degree centigrade and below	Source from Macau Meteorological Bureau ( <a href="http://www.smg.gov.mo">http://www.smg.gov.mo</a> )				

The school committee has established that when the temperature is 36 degrees or above, 7 degrees or below, or when UV reaches 11 outdoor activities should be cancelled.

At times of intermediate concern, when conditions are elevated but not extreme, the key will be ‘education’ rather than cancellation. This includes instances with temperatures between 33-35 and 8-12 degrees or where the UV index is ‘very high’, 8-10. This education includes:

*On hot days*, adults in the school should:

- *educate children* to drink water, wear a hat/cap, and seek shade as possible
- *remind parents* to prepare students with a water bottle and a hat/cap
- *remind teachers* who are with our children to remind students to drink water, wear a hat/cap, and seek shade as possible

*On cold days*, education and reminders should focus on keeping students warm.

## Summary chart

	UV	Temperature	Air Quality	Typhoon/Thunderstorm	Rain/Wet Weather
<b>Cancel outdoor activities</b>	11+	36°+ (or 7° and below)	101+	Follow DSEDJ Status & Guidelines	If raining (or too wet to run - school decides)
<b>Ensure student safety</b>	8-10	33-35° (or 8-12°)	----	----	----
<b>Status</b> (Official SMG)	<a href="#">UV and Temperature</a>		<a href="#">Air Quality index</a>	<a href="#">Typhoon</a> and <a href="#">Thunderstorm</a>	
<b>Guidelines</b> (Official SMG/DSEDJ)				<a href="#">DSEDJ Guideline</a>	



## 戶外活動指南

本文件由戶外活動委員會準備

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戶外活動是促進學生身體健康發展的重要組成部分。研究建議，年齡在 5-17 歲之間的人應該每天至少進行 60 分鐘中等到劇烈程度的體育活動，如果時間更多的話將能提供更多的健康益處。

不過，澳門也有一些特殊的環境條件需要認真考慮。為此，2019年9月學校成立了戶外活動委員會(委員會成員由教師、行政人員、家長和健康專業人士組成)，制定了以下指導方針，以促進戶外活動和確保學生身體安全之間取得適當的平衡。

### 颱風和暴雨

澳門氣象局(SMG)提供颱風的實時資料，範圍從最溫和的 T1 到最嚴重的 T10 風球。氣象局亦會發出暴雨警告。在此基礎上，澳門教育暨青年發展局(DSEDJ)規定了各學校應採取的措施，包括停課安排等。

### 降雨和雨濕天氣

當出現下雨天氣時，所有戶外活動取消。當學校認為雨後地面太濕不宜讓學生進行戶外活動時，亦會根據具體情況適時取消戶外活動。

### 空氣質量

學校會跟隨澳門氣象局官網實時提供的空氣質量指數及戶外活動建議(見下表)作出安排。當即時空氣指數達到 101 或以上時，所有戶外活動均被取消。

實時指數	戶外活動建議		對健康影響	給市民的忠告
0 - 100	適宜		沒有影響。	市民可如常活動。
101 - 200	不適宜		有心臟病或呼吸系統毛病者的健康可能輕微轉壞，而一般人或會感到不適。	市民應減少戶外活動。
201或以上	不應該		有心臟病或呼吸系統毛病者的健康可能會明顯受到影響，而一般人普遍會感到不適。	市民應避免戶外活動。

資料來源澳門氣象局 (<http://www.smg.gov.mo>)

### 紫外線和溫度

澳門氣象局為市民提供了一般性氣溫及紫外線指數參考(見下表)。值得注意的是，濕度水平和“體感溫度”並不在其戶外活動建議的參考指標內。極端天氣戶外活動的考慮因素主要有正常溫度和紫外線指數。



澳門氣象局 (SMG) 溫度符號指數		紫外線指數				
	36 攝氏度及以上					
	33 - 35 攝氏度	低	中等	高	甚高	極高
	13-32 攝氏度	—	45	30	15	10
	8-12 攝氏度					
	7 攝氏度及以下	資料來源澳門氣象局( <a href="http://www.smg.gov.mo">http://www.smg.gov.mo</a> )				

學校戶外活動委員會已確定，戶外活動應在極端天氣-當溫度 36 攝氏度及以上、7 攝氏及以下，或紫外線達到 11 及以上時取消。

在需要關注的天氣條件下，關鍵應該是“教育”，而不是簡單地取消戶外活動。這些天氣條件包括溫度在 33-35 攝氏度之間及 8-12 攝氏度之間，或者紫外線顯示“非常高”，即指數為 8-10 的時候。

炎熱天氣，學校的成年人需要：

- 教育孩子喝水，戴帽子，在太陽下活動一段時間後盡可能尋找陰涼處休息
- 提醒家長為孩子準備好水瓶和帽子
- 提醒和孩子在一起的老師提醒學生喝水，戴帽子以及在太陽下活動一段時間後盡可能尋找陰涼處休息

低溫天氣，教育和提醒學生應該注意保暖。

### 總結表

	紫外線	一般溫度	空氣質量	颱風和暴雨	降雨/雨濕天氣
戶外活動取消	11+	36°+ (或 7° 及以下)	101+	按教育暨青年發展局指引安排	降雨或（學校根據地面潮濕情況決定）
保障學生安全	8-10	33-35° (或 8-12°)	----	----	----
參考指標 (氣象局)	<a href="#">紫外線和溫度</a>		<a href="#">空氣質量指數</a>	<a href="#">颱風</a> 和 <a href="#">暴雨</a>	
指南 (教育暨青年發展局官網)				<a href="#">教育暨青年發展局官網指南</a>	