

**Reminder for Physical Education Lessons and Related Physical Activities  
Under the Influence of Cold Weather/Intense Cold Surge**

To ensure students' health, school should formulate contingency measures under different weather conditions and duly inform the relevant parties. When the warnings of cold weather/intense cold surge are forecasted or issued, schools should make reference to the following reminders:

1. Physical Education (PE) lessons and co-curricular activities
  - a. Schools should take note of the weather forecast and the update weather information before conducting PE lessons or co-curricular activities. Schools should decide whether the physical activities could be held as scheduled, to be revised, postponed or cancelled according to the on-site weather conditions and the environment.
  - b. Schools should allow students to have exercise with sufficient warm-up activities to facilitate blood circulation and heat production. Schools may also consider to let students stay indoor for physical activities and avoid prolonged outdoor exposure.
  - c. Schools may flexibly allow students to wear warm clothing when taking part in physical activities for maintaining body heat.
  - d. Schools should pay attention to the health conditions of students, in particular to those with chronic illnesses, cardiovascular and respiratory illness. Schools should remind students to report immediately when not feeling well and make appropriate arrangement accordingly.

2. Sports competitions / Outdoor Education Camp

Schools should take note of relevant guidelines, including "Guidelines on Outdoor Activities" and the arrangement against different weather conditions formulated by the organisers/camps, so as to make appropriate contingency measures. Under special weather conditions, schools should inquire the organisers/camps for the updated information and duly inform the relevant parties (e.g. parents and students) for the arrangement.

3. Relevant websites:

“Guidelines on Outdoor Activities” <http://www.edb.gov.hk/en/sch-admin/admin/about-activities/sch-activities-guidelines/index.html>

Hong Kong Schools Sports Federation <http://www.hkssf.org.hk/>

Hong Kong Schools Dance Association <http://www.hksda.org.hk/>

Physical Education Section

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