



THE ULTIMATE GUIDE TO
SCHOOL FIELD TRIPS
HEAT GUIDE



HEAT GUIDE

FOR SCHOOL FIELD TRIPS

Heat safety guide for teachers and students.

Plan your visit:

Go early.

- Mornings are typically the cooler part of the day. Consider arriving right when the zoo opens to enjoy the cooler temperatures.
- Zoo hours: 8:00am-5:00pm.

Check the forecast.

- Be prepared for the day's expected temperatures.

Staying cool and hydrated:

Keep cool.

- The zoo has plenty of shade structures to help visitors stay cool. Shaded rest zones, benches, fans, and misters are located throughout the park.
- Look for indoor, climate-controlled exhibits that offer a chance to view animals and escape the heat.
- Indoor areas like the Discovery Center offer air-conditioned relief.

Stay hydrated.

- Bring a reusable water bottle, we offer water refilling stations available throughout the zoo.

Dress appropriately:

- Wear light-colored, loose-fitting clothing that reflects sunlight and allows for air circulation.
- Consider bringing accessories such as hats and sunglasses to stay protected from the sun.
- Wear sturdy, comfortable shoes for walking.

Protect your skin:

- Apply sunscreen to exposed skin to prevent sunburn.

Teacher and Chaperone Tips:

- Monitor students for signs of heat stress. Symptoms include dizziness, nausea, excessive sweating, or confusion.
- To prevent heat stress, it is essential to stay hydrated, encourage students to take frequent shade and hydration breaks.



If a student shows symptoms, seek shade immediately, hydrate, and contact staff.



Please refer to the attached heat stress symptoms guide and the zoo map with water refill stations located throughout the zoo. The heat guide was developed using trusted information from the American Red Cross and the California Department of Public Health. For further details, please refer to the attached link.

<https://www.cdph.ca.gov>

WILD AMERICAS

AFRICAN SAFARI



GUEST SERVICES:

i Information | Lost and Found
i Stroller/Wheelchair/ECV Rentals

♿ Restrooms

♿ Adult Changing Table

💧 Water Bottle Refill Station

👶 Mother's Room

💧 Drinking Fountain

+ First Aid Station

⚡ Automated External Defibrillator (AED)

■ Paved pathway
 ▨ Unpaved pathway
 ... Nature trail

What to Do: During



Stay Hydrated

- Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- Replace salt and minerals with snacks or a sports drink.



Prevent Heat Illness

Check on your friends, family and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms.

Anyone can develop heat illness. But, people at greater risk are:

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces



Stay Cool

- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to your pre-designated cool location.
- Wear lightweight, loose clothing and take cool showers or baths.
- Limit your outdoor activity. If you must work outdoors, schedule earlier or later in the day.

Heat Illness	What to Look For	What to Do
Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.	Heavy sweating with muscle pain or spasms	<ul style="list-style-type: none"> ▪ Move to a cool place. ▪ Drink water or a sports drink ▪ Get medical help right away if: <ul style="list-style-type: none"> - Cramps last longer than 1 hour - Person affected has heart problems
Heat Exhaustion is severe and may require emergency medical treatment.	<ul style="list-style-type: none"> ▪ Heavy sweating ▪ Cold, pale and clammy skin ▪ Fast, weak pulse ▪ Nausea or vomiting ▪ Muscle cramps ▪ Tiredness or weakness ▪ Dizziness-Headache-Passing out 	<ul style="list-style-type: none"> ▪ Move to a cool place ▪ Loosen tight clothing ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Sip water slowly Get medical help right away if: <ul style="list-style-type: none"> - Vomiting occurs - Symptoms last longer than 1 hour or get worse - Confusion develops
Heat Stroke is deadly and requires immediate emergency treatment.	<ul style="list-style-type: none"> ▪ High body temperature (104°F or higher) ▪ Hot, red, dry or damp skin ▪ Fast, strong pulse ▪ Headache-Dizziness ▪ Nausea-Confusion-Passing out 	<p>Call 911 right away, then:</p> <ul style="list-style-type: none"> ▪ Move to a cool place ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Do NOT give the person anything to drink

What to Do: After



Take Care of Yourself

It's normal to have a lot of bad feelings, stress or anxiety. Eat healthy food and get enough sleep to help you deal with stress.

You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit redcross.org/prepare

| Download the Emergency App

