



*Policy No.: TIADPolicy\_H&S\_2021/09*

*Policy created in September 2019*

*Policy Reviewed in April 2020*

*Policy Reviewed again in April 2021*

**Important Note:** The school has adopted Distance Learning Programme (DLP) and Blended Learning Programme (BLP) for the Academic Year 2021-22. This policy is designed for a regular school set-up and will also be integrated during the DLP/BLP.

## **HOT WEATHER POLICY**

### **Purpose**

To ensure that our school has measures in place to prepare for and manage the risks associated with extreme hot weather.

### **Scope**

Extreme heat or heatwave is a period of unusual and uncomfortable hot weather that can negatively affect student /staff health.

Children and young people are more susceptible to heat stress therefore schools must be able to recognize and treat heat related illness and have strategies to manage prolonged periods of extreme heat.

### **Objective**

This policy will assist staff in making decisions about what is appropriate and safe for students when conducting outdoor activities or partaking in any recreational time involving outdoor play throughout the summer.

### **Responsibilities:**

#### **Health and Safety team led by School Administration Manager who:**

- Ensures that school staff know the signs and symptoms of heat stress and how to respond.
- Ensure that the policy is available and reviewed annually
- Provide support to all other teams to be proactive at every step
- Ensure adequate shade on school grounds from man-made structures (tents, sails and umbrellas) and/or trees.
- Educate and encourage students and school staff to stay hydrated and display heat guidelines and charts in prominent locations in the school for reminders around hydration and symptoms.

### **Principal**

- Affirm this policy is well communicated within the school community
- Affirm staff complies of requirements mentioned in this policy
- Affirm communication and guidelines from the school clinic are adhered to

## School medical team

- Review the **heat index** (the apparent temperature which is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.)

Metrication of Template:HeatTable

		temperature (°C)																
		27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
Relative Humidity (%)	40	27	28	29	30	31	32	34	35	37	39	41	43	46	48	51	54	57
	45	27	28	29	30	32	33	35	37	39	41	43	46	49	51	54	57	
	50	27	28	30	31	33	34	36	38	41	43	46	49	52	55	58		
	55	28	29	30	32	34	36	38	40	43	46	48	52	55	59			
	60	28	29	31	33	35	37	40	42	45	48	51	55	59				
	65	28	30	32	34	36	39	41	44	48	51	55	59					
	70	29	31	33	35	38	40	43	47	50	54	58						
	75	29	31	34	36	39	42	46	49	53	58							
	80	30	32	35	38	41	44	48	52	57								
	85	30	33	36	39	43	47	51	55									
	90	31	34	37	41	45	49	54										
	95	31	35	38	42	47	51	57										
100	32	36	40	44	49	54												

	Caution
	Extreme Caution
	Danger
	Extreme Danger

EFFECTS OF HEAT INDEX IN OUR BODY		
T in Celsius	T in Fahrenheit	Heat Index (Human Discomfort Index)
27 – 32°C	80 – 90°F	<i>Caution</i> Fatigue is possible with prolonged exposure and activity. Continuing activity could result heat cramps.
32 – 41°C	90 – 105°F	<i>Extreme Caution</i> Heat Cramps and Heat exhaustion are possible. Continuing activity could result heat stroke.
41 – 54°C	105 -130°F	<i>Danger</i> Heat Cramps and Heat exhaustion are likely; Heat stroke is probable with continued activity.
Over 54°C	Over 130°F	<i>Extreme Danger</i> Heat Stroke is imminent.

- Communicates via e-mail with the school community on a daily basis on the Heat Index during the summer month

## COMMON HEAT-RELATED ILLNESSES AND SYMPTOMS INCLUDE:

### Heat Stroke:

- Symptoms include throbbing headache, no sweating, body temperature above 103 degrees, red hot dry skin, nausea, vomiting, rapid strong pulse.
- Heat Stroke is a Medical emergency.

### Heat Exhaustion:

- Symptoms include thirst, weakness, headache, nausea, vomiting, dizziness.

### Heat Cramps:

- Signs include Muscle cramps

### Dehydration:

- Symptoms includes thirst, dry or sticky lips, dry or cool skin, head ache, sunken eyes, dizzy
- Treatment include Fluid and electrolyte Replacement.
- Treatment options vary according to the type of heat-related sign.
- Notify parents about heat conditions and remind them to provide their child with water and apply SPF 30 sunscreen daily when going out in the hot sun.
- Include information on the school's heat protective procedures and processes in a school communication.

#### ➤ **Raise awareness amongst staff on heat health messages:**

- Drink water - even if you don't feel thirsty. Take a bottle with you always.
- Hot cars kill - never leave children, adults or pets in hot cars. The temperature inside a parked car can double within minutes.
- Keep cool - seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.
- Plan ahead - schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat, Sunglasses and use sunscreen and take a bottle of water with you.
- Help others - look after those most at risk in the heat – your neighbor living alone, the elderly, the young & people with a medical condition

### **PE team**

- To modify the PE planned instructional schedule on outdoor activities according to the daily Heat Index communicated by the school medical team.
- To ensure that non-PE teachers who take physical active enrichments outside are using the guidelines to support safe decision-making.

Signed by:



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**Ms. Susan Rubin Varghese**  
**Principal**

Date: 01.04.2021