



Xavier Hot Weather Plan

This plan is to be enacted in conjunction with Amber Heat warning where there is threat to health from heat

1) All staff to be aware of health risks related to Heat exposure.

These are

Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion
- Heatstroke

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness



2) Measures to be taken to protect children & staff outdoors

- children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- encourage children playing outdoors to stay in the shade as much as possible
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- use sunscreen (at least factor 15 with UVA protection) to protect skin if anyone is playing or taking lessons outdoors for more than 20 minutes
- provide plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot

3) Measures to protect children & staff indoors

During periods of high temperature, the following steps should be taken:

- open windows as early as possible in the morning before children arrive
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- use outdoor sun awnings if available, or close indoor blinds or curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in 'standby mode' as this generates heat
- Use those classrooms or other spaces which are less likely to overheat (e.g. air conditioned hall, IT suite and KS2 classrooms) and adjust the layout of teaching spaces to avoid direct sunlight on children
- Ceiling-mounted mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
- encourage children to eat normally and drink plenty of cool water

Risk Management

Controlling Indoor Hazards

The following are some suggested measures that may be taken:

RISK FACTOR	POSSIBLE CONTROLS
Indoor high temperatures	<p>Stop sun/heat entering the room by:</p> <ul style="list-style-type: none"> • Keep lights off where possible • Use blinds (Venetian or slatted blinds allow light in, while keeping sun rays out) • Moving workstation away from direct sunlight • Overhangs or awnings outside windows • Insulation - the material acts as a barrier reducing heat flow • Insulating hot pipes or equipment • Curtailing heat-generating activities e.g., use of computers, ovens etc • Increase outside shading by using shutters • Using reflective paint • Provide portable air-conditioning • Provide fixed air-conditioning
Lack of air movement	<p>Improve air movement by:</p> <ul style="list-style-type: none"> • Ensuring windows can be opened • Ensuring windows are open • Providing fans - wall or ceiling mounted are better
Hot classrooms	<p>Improve physical conditions by:</p> <ul style="list-style-type: none"> • Relocating classes to cooler areas • Working outside in shaded areas • Rotating use of hot rooms
Strenuous task or activity	<p>Amend the task being undertaken by:</p> <ul style="list-style-type: none"> • Avoiding strenuous activities or amending the task • Restricting the length of time people are exposed to hot conditions • Arranging for extra breaks to let people cool down • Where practicable, consider arranging for school to start earlier and finish earlier (this may be not be practicable for those requiring transport)

Employee or pupil has a medical condition or vulnerable	Protect the individual by: <ul style="list-style-type: none"> • Providing regular drinking water in classrooms • Relaxing dress codes • Providing surveillance for those with medical conditions • Regularly checking on children's well-being
Lack of awareness on how to respond to high temperatures	Improve staff and pupil awareness by: <ul style="list-style-type: none"> • Informing staff of signs and symptoms of heat stress and treatment, hot weather plan procedures etc • Informing pupils of what they should do (e.g. plenty of fluids, dress codes etc)

Controlling Outdoor Hazards

The following are some suggested measures that may be taken:

RISK FACTOR	POSSIBLE CONTROLS
Lack of shade	Reduce sun exposure by: <ul style="list-style-type: none"> • Creating shady areas using trees, awnings, overhangs, parasols etc
Strenuous tasks or activities	Reduce risk by: <ul style="list-style-type: none"> • Restrict activities outside between 11am-3pm • Reduce strenuous activities or carry out at cooler times • Arranging extra breaks to allow people to cool down • Increase morning break and reduce lunch break
Dehydration/ sunburn/sunstroke	Reduce risks by: <ul style="list-style-type: none"> • Providing access to drinking water • Ensuring pupils and staff wear wide brimmed sun hats • Relaxing dress code (allow loose, light coloured clothing that covers neck and shoulders etc)
Lack of awareness of sun safety	Improve awareness by: <ul style="list-style-type: none"> • Incorporate sun protection into curriculum



	<ul style="list-style-type: none">• Promote sun protection to pupils in assemblies, workshops, talks• Train teachers in the importance of sun protection• Inform parents of the importance of sun protection
--	--

Further information can be found [Heatwave Plan for England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612512/Heatwave_Plan_for_England.pdf) and [Staying safe and well in summer - Healthy Surrey](#).