



BIRCH HILL PRIMARY SCHOOL

Hot Weather Management Plan

July 2022

This plan takes account of Public Health England guidance revised May 2016.

In hot weather, or when UV is medium to high, **the school will:**

- Remind parents to send their children to school with sun hats
- May take the decision to ask children to wear PE kits to school
- Remind parents to put sun cream on their children before they come to school
- Remind parents to send their children in to school with water bottles
- Ensure that the windows are opened in the early morning before school starts
- Encourage parents to let school know if they have any particular concerns regarding their child

In extreme heat, **the school will:**

We will follow guidance from the Local Authority and Met Office for extreme heatwave warnings.

- Cancel school trips
- Close the school, or finish early with the approval of the Local Authority

Staff will:

- Encourage children to drink plenty of cool water
- Encourage children to remove jumpers and cardigans
- Remind children to wear their sun hats
- Apply sun cream to smaller children when they are not able to do this themselves, with another member of staff being present.
- Blinds can be kept closed to keep classrooms cooler
- Encourage children to play in the shade
- Encourage children to play quiet and calm games to reduce high activity levels (including stopping football and other sports)
- Consider opening the library to offer a cool space for lunchtime

- Hold sports lessons first thing in the morning when it is cooler, have shorter sports lessons or hold indoor PE lessons
- Keep the children in their classrooms over lunchtime
- Quiet time in class to cool down after lunch hour
- Talk to the children about keeping themselves safe in the sun
- Hold lessons outside in the shade if the classrooms are too hot
- Be vigilant in turning off non-essential lights and electrical equipment as these can raise temperatures
- Look out for signs of heat stress and heat exhaustion
- Send children to a First Aider if they are displaying signs of heat stress or heat exhaustion.

Actions to take if heat stress or heat exhaustion is suspected

Heat stress

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

Heat exhaustion

Signs of heat exhaustion include the following.

- Irritability
- Confusion
- Fatigue
- Dizziness
- Headache
- Nausea
- Vomiting
- Hot, red and dry skin

Heatstroke

Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.

The following steps to reduce body temperature should be taken at once.

- Move the child to as cool a room as possible and encourage them to drink cool water.

- Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits.
- Place the child near a fan.

If a child shows signs of confusion, follow the steps above.

If a child loses consciousness, place the child in the recovery position and follow the steps above. In both cases, call 999 or 112 for emergency medical assistance.

If sensible precautions are taken children are unlikely to be adversely affected by hot conditions.

DfE Guidance

Looking after children and those in early years settings during heatwaves: for teachers and professionals