Hot Weather Policy

Written, June 2018
Reviewed June 2020, June 2021, June (and July) 2022

Aims

The Governors and staff of CPS will strive to achieve the highest standards of health, safety and welfare. The objectives, organisation and arrangements defined below supplement our Health and Safety Policy.

The main objectives of this policy are to:

- identify hazards to pupils, employees and all affected by school activities
- assess risks against agreed health and safety standards
- make arrangements to reduce risks to acceptable levels
- record local organisation, arrangements and risk assessments not covered by documents issued in support of the Surrey Local Authority (LA) policy.

Weather Forecasts

Attention should be given to hot weather warnings and notice taken of the maximum times advised for exposure to the sun. Staff should be aware of this particularly for activities taking place during 11 a.m. - 3 p.m. when the sun is at its strongest.

Below is the link to the Met Office Heat-Health watch
http://www.metoffice.gov.uk/weather/uk/heathealth/index.html

Further information on the Heat Health Watch and Heatwave can be found on the Met Office website.

CPS will draw on Heat-Health alerts to inform planning, following the UK Health Security Agency's published guidance Looking after children and those in early years settings during heatwaves: for teachers and professionals. Key messages from this guidance are set out below, noting that children's susceptibility to high temperatures varies; those under 4 years of age, who are overweight, or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures. The school nurse, community health practitioner, family health visitor or the child's specialist health professional may be able to advise on the particular needs of the individual child.

School Closure

A closure is the last resort only. Apart from other problems associated with closures, there is a likelihood that some children will be at greater danger out of our care than in it. If this is considered proper care and supervision must be available for any pupil who cannot be safely returned to home.
In extreme temperatures, consideration for a shortened day option may be offered whereby children can be collected after lunch at 1.10pm.
This is arranged in advance with the office and children leaving early are signed out.

Guidelines on the Dangers of Exposure to the Sun
The incidence of skin cancer is now the second most common cancer. The sun produces UV radiation, which can damage to the surface of the skin, the structures inside the skin and the function of skin causing mutations in the DNA skin cells. 80% of most people's exposure to the sun takes place in childhood. Over exposure to the sun's rays causes sunburn. Getting sunburnt as a child leads to a greater risk of skin cancer in later life.

The risk of non-melanoma skin cancer is directly related to cumulative exposure to the sun. Short intense exposure to the sun increases the risk of malignant melanoma. Periods of intermittent exposure to the sun at a young age are more harmful than over exposure in adults.

Heat Exhaustion and Heatstroke
Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat- related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body).

If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

In extremely hot conditions, the body's heat-loss mechanisms may fail. When the atmospheric temperature equals body temperature it becomes impossible for the body to lose heat. High humidity also causes problems, as sweat will not evaporate well. In these circumstances, particularly during strenuous exercise when extra heat is generated by muscular activity, heat exhaustion or the more dangerous condition, heatstroke, may develop.

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:

- Headache, dizziness and confusion;
- loss of appetite and nausea;
- sweating, with pale clammy skin;
- cramps in the limbs or abdomen;
- rapid, weakening pulse and breathing.

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

Once these symptoms are recognised the main aims are to

- move the casualty to cool surroundings and to replace lost fluid and salt:
- help the casualty to lie down and raise legs;
  keep them cool. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.wrap casualty in a cold, wet sheet and keep it wet. Continue until the high temperature falls then replace the wet sheet with a dry one.
- if conscious, help casualty to sip weak salt solution (one teaspoon per litre of
- water).

If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.

http://www.nhs.uk/conditions/heat-exhaustion-and-heatstroke/Pages/Introduction.aspx

CPS Extreme Heat Risk Assessment

Focus	Action	RAG
Staff knowledge and awareness	All staff sent 'Looking after children and those in early years settings during heatwaves: for teachers and professionals' guidance shared and expectation set that this is read and understood – all staff to confirm this by email to SC Staff to refer to first aider immediately any change for a pupil Staff to refer to SLT as needed Ensure ongoing updates to staff SLT to receive and implement advice from Surrey-ongoing Surrey's view 12.07.2022 'At this time there is no intention for SCC to issue advice to schools regarding closure.'	

Staff	All staff are considered as part of the risk assessment and will not be called upon to undertake unreasonable additional duties during heatwaves. Staff to will be encouraged to have water bottles in class to keep hydrated NB although there is no upper limit set for temperatures in the work place, CPS will try to make working conditions as reasonable as possible.	
Strenuous task or activity	Amend the task being undertaken by: • 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: • Providing regular drinking water in classrooms • Relaxing dress codes • Providing surveillance for those with medical conditions • Regularly checking on children's well-being	
Access to cold water	All CTs to ensure very regular access to drinking water and use of water bottles is monitored so that drinks are taken regularly rather than at one go. CTs will ensure that access to water is available and will ensure opportunities to fill up water bottles at the end of lessons/activities when the weather is hot. CTs to ensure bottles are filled for younger children Parents reminded to send in water bottles for pupils regularly Children provided with cup by school to ensure access to water if no water bottle	
Ventilation	Caretakers to ensure all doors and windows are open on arrival each morning External doors to remain open where suitable to allow air flow/cooling When external temperature higher than internal temperature - close doors and windows (with slight ventilation)	
Air conditioning / Fans	Nursery to use air conditioning across the day Oscillating mechanical fans 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 Ensure fans are NEVER left unattended, they are not a trip hazard and do not block exits. Children MUST NOT stand close to fans are safety protocols shared with all children Consider ceiling fans/further air conditioning in the longer term	
Clothing	School uniform expectations relaxed. Children able to wear P.E kit which protects shoulders, arms & neck, and appropriate head wear. Parents notified of this June 2022	

	Staff Code of conduct recognises need for relaxation of dress code Children should have hair tied up to keep cool, wear hats, ideally legionnaires (with a back) or with a wide brim	
Shade	Adequate shade is available to pupils so they have access to a cooler area and are not exposed to UV radiation for excessive periods. Opportunities to maximise the use of shade during outdoor lessons/ activities are taken, e.g. introductions to lessons take place indoors; shade from trees and buildings are used for discussions during the lessons. Gazebos are erected and children directed to shaded zones. All pupils supported to be in the shade when outdoors. All staff to implement this. New blinds required -already planned Consider scope for shade to include EYFS canopy over time	
Heat reduction	Keep the use of electric lighting to a minimum Reminders in class, assembly and during breaks to be made Blinds to be used to support shading classrooms Lights and electrical items to be switched off to minimise heat 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 if possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children For further information on reducing temperatures within school buildings and grounds see UK Health Security Agency's (UKHSA) Heatwave Plan for England.	
Protection - sunblock	At CPS, we promote the self-administration of sunscreen by pupils. There has been much concern expressed about staff applying sun creams. While it is acknowledged that this is a sensitive issue there are occasions, particularly if a child has special needs or who currently receive 'intimate care', where this will need to be done or done under supervision. There are also some who may have extra sensitivity to the sun and extra care should be taken. In such cases, staff should not do this whilst alone with a child and a protocol should be established. It is not an option to leave a child unprotected and exposed to the sun. Sun creams and screens of a sufficiently high factor should be used. The Health Education Authority recommends the use of a sunscreen with a sun protection factor of 15 or above. Parents are encouraged to apply sunblock prior to school that protects for 5 hours or longer.	

	In the summer this applies even when you can't see the sun. Children can become sunburnt when it's cloudy as 80% of UV rays pass through the clouds. Cancer Research UK's sun protection policy guidelines advise that schools allow the reapplication of sunscreen, particularly around midday. Advice on developing a school sun protection policy is available from the Cancer Research UK Sun, UV and cancer | Cancer Research UK	
Playtimes, lunchtimes, P.E sessions	All modified to ensure low activity, duration considered and adapted as appropriate Games and books in outdoor shaded areas Review across day and make further adjustments as needed	
Sports Day / Outside Events	The Head Teacher may postpone / cancel / reduce Sports Day / Sports activities / events to keep everyone safe. Physical exertion over a prolonged period in high temperatures is potentially dangerous. Woodland Learning: in extreme temperatures the Woodland areas become drier and more prone to fire. A risk assessment will be undertaken to determine whether planned campfire activities are cancelled.	
Resources	Surfaces such as concrete, sand and water reflect up to 85% of the sun's rays - ensure water and sand trays are re-cited in shady areas. Reapplication of suncreams may be necessary due to sand and water play. Be aware of metal toys becoming hot if left in direct sunlight Be aware of any mirrors, reflecting the sun and increasing heat.	
Temperature checking	Regular testing by Caretaker –all classes and offices Temperature - regular checks to be made by CT	