

Fiveways School

Hot Weather and Sun Safety Policy



Policy Review

Review Cycle	Date of Current Policy	Author(s) of Current Policy	Review Date
2 yearly	June 2023	Swavek Nowakiewicz	June 2025

Policy Ratification

Role	Name	Signature	Date
Chair of Governors	Malcolm Gulliver		23/06/23
Head Teacher	Swavek Nowakiewicz		23/06/23

Details of Policy Updates

Date	Details
23.06.23	New policy

Headteacher, Governors and the LA have a responsibility to ensure that staff and pupils are able to work and learn in a safe environment.

Currently there is no statutory upper limit specified in the UK Health and Safety Law for a maximum permissible temperature in the workplace, however, there is a legal requirement contained within the Workplace (Health, Safety and Welfare) Regulations 1992 which applies to employees:

“During working hours, the temperature in all workplaces inside buildings shall be reasonable”

The aim of this Hot Weather and Sun Safety Policy is to protect children and staff from skin damage caused by the effects of radiation from the sun and to ensure that they are able to work and learn in a safe, comfortable environment.

The main elements of this policy are:

- Protection: providing a safe environment from radiation from the sun
- Partnership: working with parents/carers to reinforce awareness about sun safety
- Planning: ensuring the school is prepared for hot weather and keeping staff and pupils safe

Parents will:

- Send pupils in with a sun hat
- Provide school with sun cream
- Send pupils in with a drink

Fiveways school will:

- Communicate with parents our policy for hot weather and sun safety
- Ensure children wear sun protection prior to participating in outdoor activities
- Implementing extra breaks to ensure pupils and staff can access fluids regularly
- Keeping the school as cool as possible with window and doors being open, where possible, and supplying classrooms with fans
- Ensure when children are outside, shade is available and not prolonging outside time
- Follow the DfE guidance published in May 2023 'Looking after children and those in Early Years settings during heatwaves: for teachers and professionals

DfE advice for school

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. Support staff should be made aware of the risks and how to manage them.

Further information about supporting children with medical condition can be found at the Department for Education website.

Health risks from heat

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.

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
- excessive sweating and pale, clammy skin
- confusion

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 is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion or lack of co-ordination
- fits
- loss of consciousness

The NHS operates a system called 'Heat-Health Watch' between 1st June and 15th September and is based on Met office forecasts. SLT will monitor this annually and ensure the elements of the Heat Wave Plan are implemented if and when appropriate.

Heat Wave Plan

Actions to protect children suffering from heat illness

The following steps to reduce body temperature will be taken immediately:

- Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
- Cool the child as rapidly as possible, using whatever methods you can. 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.
- Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.
- 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.

Protecting children outdoors

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

- Send a hot weather precaution letter to parents reminding them to send children in wearing sun cream and with a drink
- children will 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 to wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- apply sunblock, or broad-band sunscreens with high sun protection factors (at least SPF15) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes – apply generously and reapply frequently, especially after activities that remove them, such as swimming or towelling
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot

Protecting children indoors

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

- open windows as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building – it is important to check insurance conditions and the need for security if windows are to be left open overnight
- 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
- 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
- oscillating 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
- if necessary, consider rearranging school start, finish, and play times to avoid teaching during very hot conditions

- encourage children to eat normally and drink plenty of cool water

For further information on reducing temperatures within school buildings and grounds see UK Health Security Agency's (UKHSA) [Heatwave Plan for England](#).



Public Health
England



Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 2016071

