HOT WEATHER POLICY

Purpose

The purpose of a school hot weather policy is to ensure the safety and well-being of students, staff,and faculty during periods of extreme heat. High temperatures can pose serious health risks, including dehydration, heat exhaustion, and heatstroke, especially for children who may be more vulnerable to these conditions.

Scope

This policy applies to Deira Private School and is applicable to School Staff, Students, Visitors&Contractors.

Policy Statement

The Hot Weather policy is in place to guide staff when making decisions about what is appropriate and safe for students and staff, when conducting outdoor activities or partaking in any recreational time involving outdoor play, throughout the year.

Four environmental factors affect experiences in a hot environment: temperature, humidity, air velocity and radiant heat. Examples of radiant heat include direct heat from the sun. Job-related factors that affect heat stress include work rate and physical effort required, type of clothing and protective equipment used, and duration of activity. All of these factors need to be evaluated in order to minimise their impact on staff and students. Personal characteristics such as age, weight, physical fitness, and acclimatisation to the heat also need to be factored in, to determine those people and areas at high risk.

Key Objectives of a Hot Weather Policy:

· Protect Health and Safety: The primary purpose is to prevent heat-related illnesses by implementing measures that reduce exposure to excessive heat.

· Maintain a Comfortable Learning Environment: The policy aims to ensure that classrooms and other school facilities remain comfortable so that students can continue to learn effectively.

· Provide Guidelines for Outdoor Activities: The policy often includes restrictions or adjustments for outdoor activities, such as recess, physical education, and sports, to prevent overheating.

· Outline Emergency Procedures: The policy typically details what actions to take if someone shows signs of heat-related illness, including when to seek medical help.

· Inform and Educate: It serves to inform students, parents, and staff about the dangers of extreme heat and the steps that can be taken to mitigate its effects.

Responsibilities HSE Department

· The HSE Department is responsible for ensuring that the policy is available, reviewed at regular intervals and communicated to all relevant stakeholders.

· The HSE Department is responsible for providing advice, training and guidance to comply with requirements of this policy, this advice may be given directly or through the appointment of competent persons.

· The HSE Department is responsible for checking compliance with regards to this policy.

Principal

· The Principal is responsible for ensuring this policy is communicated to all staff.

· The Principal is responsible for ensuring staff are in compliance with the requirements outlined in this policy.

· The Principal is responsible for ensuring communication and advice from the school clinic is adhered to.

Class Teacher

· Review the Heat Index sent by the School Clinic Staff and plan lessons in line with the Heat Index recommendations of this policy.

PE Coordinator

To plan and coordinate outdoor activity to minimise moderate to high intensity sports to cooler months. To facilitate training on how to use the 'hot weather guidelines' and to assist teachers, if required, in using them. To ensure that non-PE teachers who take physically active enrichments outside are using the guidelines to support decision- making

School Clinic Team or School Operations Teams

Checks the Heat Index on a daily basis using the following website: https://www.wunderground.com/ae/dubai from May – October and communicate the Heat Index to all staff via email / refer to the hygrometer located in the outdoor play areas around the school

Definitions

Fainting: loss of consciousness due to insufficient blood flow to the brain; frequently caused by some emotional or sensory stimulus.

Heat cramps: painful muscle spasms, usually of the leg muscles, that occur after vigorous exercise; can also occur in the arms and stomach. No long-term problems should arise from heat cramps.

Heat exhaustion: mild hypovolemic shock arising when the body loses water and electrolytes from excessive sweating after exposure to heat.

Heat stroke: breakdown of the body's cooling mechanisms causing core body temperature to exceed 41C; a life-threatening emergency causing unconsciousness and death if not promptly treated in hospital.

Heat Index: The Heat Index, sometimes referred to as the apparent temperature, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.

Relative humidity: the moisture content of air expressed as a percentage of the maximum it can hold at a given temperature, (% RH). Optimum relative humidity for comfort is between 30% and 60%.

References

Facility Guidelines – DHA Dubai Health Authority

American Society of Heating, Refrigerating and Air Conditioning Engineers Manual

29 ° C and below: No discomfort. Considered comfortable. Students are allowed to play outdoor

30° C- 34 ° C: Slight discomfort. Students are allowed to play in the sun with hats and water bottles are mandatory.

35 °C -39 °C: Strong discomfort. Students are advised to stay under shaded areas during play time and it is mandatory to wear hats and water bottles for students having PE Class. Students who do not have hats and water bottles will be forfeited in participating in any physical activity outdoors and will be provided with alternative work.

40 °C- 45 °C- Considered dangerous. Avoid outside activities. Lower intensity activities are to be included only for a short period of time.5 minute water breaks should be taken between activities. Students should remain within shaded areas during breaks or lunchtime or preferably to stay indoors.

Above 45°C- Serious to Death Danger. Break time, lunch time and PE class should be moved into an indoor space with air conditioning.

EuroWEATHER - Heat and discomfort index

HEAT AND DISCOMFORT INDEX

HUMIDEX INDEX OF APPARENT TEMPERATURE (degree C)

	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
42°	48	50	52	55	57	59	62	64	66	68	71	73	75	77	80	82
41°	46	48	51	53	55	57	59	61	64	66	68	70	72	74	76	79
40°	45	47	49	51	53	55	57	59	61	63	65	67	69	71	73	75
39°	43	45	47	49	51	53	55	57	59	61	63	65	66	68	70	72
38°	42	44	45	47	49	51	53	55	56	58	60	62	64	66	67	69
37°	40	42	44	45	47	49	51	52	54	56	58	59	61	63	65	66
36°	39	40	42	44	45	47	49	50	52	54	55	57	59	60	62	63
35°	37	39	40	42	44	45	47	48	50	51	53	54	56	58	59	61
34°	36	37	39	40	42	43	45	46	48	49	51	52	54	55	57	58
33°	34	36	37	39	40	41	43	44	46	47	48	50	51	53	54	55
32°	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	53
31°	32	33	34	35	37	38	39	40	42	43	44	45	47	48	49	50
30°	30	32	33	34	35	36	37	39	40	41	42	43	45	46	47	48
29°	29	30	31	32	33	35	36	37	38	39	40	41	42	43	45	46
28°	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
27°	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
26°	26	26	27	28	29	30	31	32	33	34	34	35	36	37	38	39
25°	25	25	26	27	27	28	29	30	31	32	33	34	34	35	36	37
24°	24	24	24	25	26	27	28	28	29	30	31	32	33	33	34	35
23°	23	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33
22°	22	22	22	22	23	24	25	25	26	27	27	28	29	30	30	31

Up to 29 C°	No discomfort
From 30 to 34 C°	Slight discomfort sensation
From 35 to 39 C°	Strong discomfort. Caution: limit the heaviest physical activities
From 40 to 45 C°	Strong indisposition sensation. Danger: avoid efforts
From 46 to 53 C°	Serious danger: stop all physical activities
Over 54 C°	Death danger: imminent heatstroke

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