



# Walter Infant School and Nursery

## HOT WEATHER PROTOCOL

### DOCUMENT HISTORY

Version	Action	By	Date
1	Drafted	Vanessa Mitura (in the form of document entitled Hot Weather Provision)	
2	Drafted	Karen Hampton and Fiona Cross	March- June 2013
3	Updated and Approved	Judy Wheeler - Headteacher	January 2016
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Next Review Date: Summer 2027 or as directed by WBC

# HOT WEATHER PROTOCOL

**Please note: The Staff at Walter Infant School and Nursery are unable to apply sun cream to your child. If you think your child will require protection, please apply a long-lasting sun cream to your child before they come to school. Please do not send sun cream into school as it could cause an allergic reaction for another child or be ingested in error by a child.**

## **1 Heatwave Plan**

Temperatures both outdoors and indoors may rise to such an extent that precautions to prevent pupils suffering from heat stress or heat exhaustion may need to be taken.

This Protocol sets out a list of simple measures to reduce the impact to health of exposure from severe heat and the steps the school will take to protect the health and the wellbeing of the staff and its pupils.

This advice should be followed during periods of hot weather, but it is particularly important if a Level Amber or Red Heatwave Alert is announced (see Appendix 1). In the event of such an alert, health organisations and local authorities will be notified by the Meteorological Office.

### **A Keep the environment cool:**

- All non-essential lights and electrical equipment which, when left on, or in 'standby' mode, generates heat, will be turned off.
- All classrooms will use electric fans if temperatures are below 35°C.
- Indoor thermometers will be used to ensure that room temperatures are monitored regularly during the hottest parts of the day.
- To the extent possible, cool rooms will be ready and consistently at 26°C or below.
- Windows and other ventilation openings will be opened during the cool of early morning to allow stored heat to escape from the building.
- Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors. This should help keep rooms cool whilst allowing adequate ventilation.
- Indoor blinds will be used but they should not block ventilation openings or windows.

### **B Stay out of the heat:**

- On very hot days (i.e. where temperatures are in excess of 30°C), pupils should not take part in vigorous physical activity.
- Pupils playing outdoors will be encouraged to stay in the shade as much as possible.

- Pupils will be encouraged to wear loose, light coloured clothing and hats of a closed construction with wide brims.
- Thin clothing or sun-cream should be used to protect skin if pupils are playing or taking lessons outdoors for more than 20 minutes.
- Newsletters will be sent to parents highlighting the need for appropriate clothing, footwear and sun screen, and the importance of sun safety awareness.
- On very hot days, the lunch time break will be shortened.
- PE lessons will be cancelled or re-scheduled for cooler times of the day.

## **C Cooling down:**

- Pupils will be encouraged to bring water bottles to school and they will be reminded to drink often.
- Pupils will be provided with plenty of cool water (the temperature of water supplied from the cold tap is adequate for this purpose) and encouraged to drink more than usual when conditions are hot. Pupils will have access to water fountains and staff will have access to water coolers in the staff room and Foundation Stage area.
- Pupils will be reminded about sun safety in class and assemblies.

## **2 Health Implications**

### **2.1 Heat stress**

Teachers, assistants and school staff should look out for signs of heat stress and heat exhaustion.

People 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.

### **2.2 Heat exhaustion**

Signs of heat exhaustion include the following:

- irritability;
- fatigue;
- dizziness;
- headache;
- nausea;
- hot, red and dry skin.

### **2.3 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 person to as cool a room as possible;
- Sponge the person with cool (not cold) water and, if available, place cold packs around the neck and in the armpits.
- Place the person near a fan.

If someone shows signs of confusion, follow the steps above. If someone loses consciousness, place them in the recovery position and follow the steps above. In both cases, call 999 for emergency medical assistance.

### **3 Sun protection**

SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The SunSmart schools initiative encourages nurseries and pre-schools to develop and adopt sun protection policies. They are part of a broader campaign communicating effective skin cancer prevention messages to the general public.

The five key SunSmart skin cancer prevention messages can be promoted by using the SMART code:

**S**tay in the shade 11-3

**M**ake sure you never burn

**A**lways cover up – wear a t-shirt, hat and wraparound sunglasses

**R**emember children burn more easily

**T**hen use at least factor 15+ sunscreen

National guidance for schools on sun protection, which is particularly important for young children, is available on the Cancer Research website:

<http://publications.cancerresearchuk.org/cancertype/childhood/sspsn.html>

## APPENDIX TO THE HOT WEATHER PROTOCOL

### **Level 1: Green — Summer preparedness and long-term planning**

This is the minimum state of vigilance during the summer. During this time social and healthcare services will ensure that all awareness and background preparedness work is ongoing.

**Advice:** If you want more information about hot weather and your health please visit [www.nhs.uk](http://www.nhs.uk). If you are concerned about your health or somebody you care for, please contact NHS Direct on 111 or your local pharmacist.

### **Level 2: Yellow — Alert and readiness**

Triggered as soon as the risk is 60% or above for threshold temperatures being reached in one or more regions on at least two consecutive days and the intervening night. This is an important stage for social and healthcare services who will be working to ensure readiness and swift action to reduce harm from a potential heatwave.

**Advice:** Heatwaves can be dangerous, especially for the very young, very old or those with chronic diseases.

If you want more information about hot weather and your health please visit [www.nhs.uk](http://www.nhs.uk). If you are concerned about your health or somebody you care for, please contact NHS Direct on 111, or your local pharmacist.

### **Level 3: Amber — Heatwave action**

Triggered when the Met Office confirms threshold temperatures for one or more regions have been reached for one day and the following night, and the forecast for the next day is greater than 90% confidence that the day threshold will be met. This stage requires social and healthcare services to target specific actions at high-risk groups.

**Advice:** Heatwaves can be dangerous, especially for the very young, very old or those with chronic diseases.

If you want more information about hot weather and your health please visit [www.nhs.uk](http://www.nhs.uk). If you are concerned about your health or somebody you care for, please contact NHS Direct on 111 or your local pharmacist.

### **Level 4: Red — Emergency**

Reached when a heatwave is so severe and/or prolonged that its effects extend outside the health and social care system. At this level, illness and death may occur among the fit and healthy, and not just in high-risk groups.

**Advice:** Stay out of the sun. Keep your home as cool as possible — shutting windows during the day may help. Open them when it is cooler at night. Keep drinking fluids. If there is anyone you know who might be at special risk, for example an older person living on their own, make sure they know what to do.