



HEAT MANAGEMENT POLICY 2022/2023

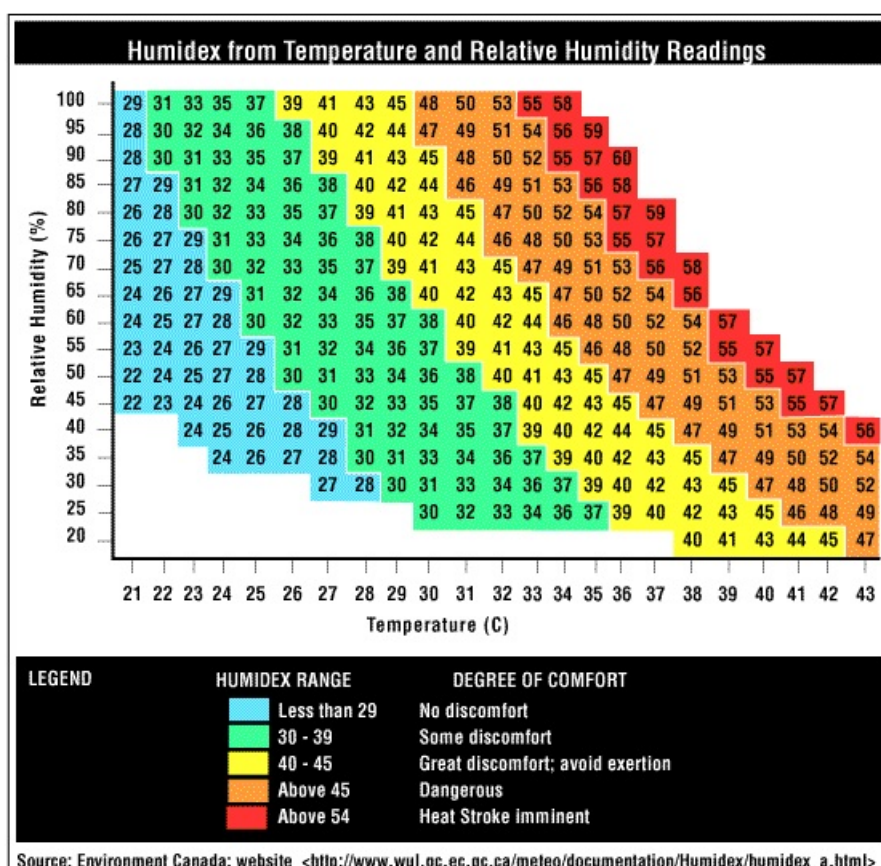
AIM: (final result we are aiming to achieve):

The EC Heat Management Policy has been developed to ensure that all students and staff at The English College School are protected from heat related illness, ranging from heat cramps, to exhaustion and potential heat stroke.

RATIONALE: (The reason for which this policy has been written)

Due to the climate of The UAE, we do see very high temperatures accompanied by high humidity. These measures can they be used to measure the Humidex:

It is the combination of **heat** and high levels of **humidity** at certain times of the year that pose the greatest health risks. Dubai has a hot and humid climate for large parts of the school year, with the high temperatures and humidity combining to make the temperature feel considerably hotter. We monitor this combination using the Heat Index or **Humidex**.



When the body heats too quickly to cool itself safely, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illness may develop. There are three stages of heat related illness that all staff teaching at EC need to be aware of:

Heat Related Illness	Nature of the illness	Signs and Symptoms
Heat Cramps	Heat cramps are experienced from fluid loss due to heavy sweating. Heat cramps usually occur in the abdomen or legs.	<ul style="list-style-type: none"> ● Profuse Sweating ● Fatigue ● Thirst ● Muscle Cramps
Heat Exhaustion	Heat Exhaustion derives from prolonged exposure in hot conditions with high fluid loss due to heavy sweating and an elevated body temperature below 40 degrees Celsius.	<p>The signs and symptoms of Heat Cramps (above) and:</p> <ul style="list-style-type: none"> ● Headache ● Dizziness and Lightheadedness ● Weakness ● Nausea and Vomiting ● Cool Moist Skin ● Dark Urine
Heat cramps and Heat Exhaustion can quickly turn to heat stroke if signs and symptoms are not recognised and treatment is not administered quickly.		
Heat Stroke	This is a life-threatening emergency due to the body's inability to cool itself due to extreme heat. Heat stroke is a condition when the core body temperature is higher than 40 degrees. Heat stroke can lead to complications involving the central nervous system after prolonged exposure to high temperatures.	<ul style="list-style-type: none"> ● Throbbing headache ● Dizziness and lightheadedness ● Lack of sweating despite of heat ● Red, hot and dry skin ● Muscle weakness or cramps ● Nausea and vomiting ● Seizures ● Rapid, shallow breathing ● Unconsciousness ● Rapid heartbeat -strong or weak ● Confusion, disorientation, or staggering

Those at risk of suffering from heat related illnesses are the very young, elderly, obese diabetics, persons recovering from illness / diarrhoea or suffering from chronic conditions. Students new to the country and environment are particularly vulnerable. A combination of these risk factors elevates the chance of someone suffering from a heat related illness.

GUIDELINES: (The principles/instructions/steps of the policy)

HEAT MANAGEMENT PROCEDURES FOR ALL OUTDOOR LEARNING/Breaks/Lunchtime

- There will be four heat index (humidex) checks each day. The college nurse will take a reading at 07.30am, 10am, 12pm and take another reading at circa 14.30pm. They will

refer to both the school website and

<https://www.wunderground.com/th/bangna-agromet>. This will ensure that lessons, breaktimes and ECA/Fixtures are taking place in a safe environment. Records will be kept in a central google sheet for reference should it be required.

- If the Heat Index reaches Level 2 or above (see table below), the nurse will inform SLT, Head of PE and PLT. In turn, these people will inform relevant groups directly, as needed.
- In addition, an internal email to all academic staff will be shared if the heat index reaches Level 2 or above, and this will be managed by the school nurse, Deputy Heads of school for primary and secondary (in their absence assistant heads of school) as well as the Head of PE being informed. The email will inform all staff that breaks and lunchtimes will be spent inside and that students should go to their form room.
- On some occasions, outdoor activities may be stopped or modified at temperatures **lower** than those of Levels 2 / 3. The professional judgment of those leading outdoor activities or the assistant head i/c school duties in consultation with the school nurse. They are the best judge of the impact of local heat / humidity conditions on students and teachers. However, the responses outlined in the table on page 1 must be enacted by individual staff members if the heat index confirms that the relevant level has been reached.
- All staff leading lessons or activities outdoors, or undertaking outdoor duties, should be aware of responses needed at any given humidex level.

Humidex (Heat + Humidity Index)	Possible Health Effects	The English College's Response	Communication
Normal Practice Humidex below 32°C	Little or no discomfort Fatigue possible with prolonged exposure and activity.	<ul style="list-style-type: none"> The School shall provide adequate water supply at all teaching stations. Staff should inform students to apply sun lotion before lessons, games and activities. All students should be encouraged to wear hats for break, lunch, PE lessons. All athletes and students should be encouraged to bring water bottles to training and PE classes. Mandatory regular water breaks. Where possible spend rest periods and direct teaching moments in shade provided around facilities. Students that wish to take a break should do so at any time Staff to watch/monitor players carefully 	None
Level 1 Heat Alert Humidex between 33-38°C	Some discomfort Heat cramps and heat exhaustion are possible in the lower range and likely in the upper range.	<ul style="list-style-type: none"> Staff to be mindful of those students who present a higher risk of suffering from heat related illnesses and provide these students opportunities to take less-active parts in the lesson Staff should brief students of possible heat illness and associated risk. Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse. Mandatory regular water breaks and rest periods. Suggestion is that lessons take place in shade as much as possible During competitive and training matches, students should be rotated out on a regular basis. 	Internal communication to staff as required throughout the year, reminding of procedures.
Level 2 High Heat Alert Humidex between 39-45°C	Heat cramps and heat exhaustion are likely if precautions are not taken. Heat stroke is probable with prolonged exposure.	All actions as per Humidex Ratings under 45°C. Additionally: <ul style="list-style-type: none"> Primary athletes/lunchtime outdoor activities cancelled. Staff should clearly brief students of extreme risk of heat illness. More regular water breaks. Outside activities with high physical exertion should be moved to shaded areas where possible or indoors. Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse. Maximum duration of exposure in this temperature without a cooling down period is one hour for secondary and 30 minutes for Primary. Secondary Sport Practices and or Fixtures can be cancelled at the discretion of the Head of Physical Education in consultation with the school medical staff. 	Email sent to all staff regarding the temperature status if Heat Index within Level 2.
Level 3 Extreme Heat Alert Humidex 46°C and above	Dangerous; Heat stroke is imminent.	<ul style="list-style-type: none"> All non-air conditioned activities are cancelled 	Email sent to all staff regarding the temperature status if Heat Index within Level 3.

ONGOING TRAINING, EDUCATION AND PREVENTION

Provide Staff Training (Yearly)

- Sun Protection Guidelines created by the school medical staff to be shared with staff on induction week or first week back prior to children starting. School nurse/PE team to share.
- Signs and symptoms and risks of head stroke and heat exhaustion shared also during staff orientation week.
- First Aid – All PE teachers and leadership tasked with making judgements regarding to heat management to be certified during orientation week prior to the start of the academic year.

Educate students and parents regarding sun and heat exposure (Yearly)

- Sun Protection Guidelines created by the school medical staff to be visible around the school in classrooms/form rooms to highlight the importance of managing the heat safely.
- Children to be educated in PE lessons about heat safety.
- Banner/poster competition (PHSE type activity to be held in March prior to the increase in heat to raise awareness).
- Make parents aware of our heat management policy via school communication outlets and school website.

Ensure students are protected themselves (Daily)

- Primary students are required to wear hats while in exposed outdoor areas
- Spare hats and water bottles made available for Primary students
- Have a school uniform and PE kit that is appropriate for hot conditions
- Encourage the daily application of sunscreen

Encourage students to avoid dehydration (Daily)

- Students to have water bottles in class, PE, activities and trips
- Students aged 13 and above engaged in physical activity should be encouraged to drink between 1 and 1.5 litres of water
- Student below the age of 12 should be encouraged to drink 100 to 250 ml of water every 20 minutes (little and often).

Ensure this policy is reflected in the planning of outdoor classes, activities, events and capital development projects (Yearly)

- Tree planting for shade is actively considered and encouraged
- Current and future projects consider use of shading
- Physically energetic sports, competitive games recommended to take place during the cooler periods of the day/months and indoor spaces and the swimming pool maximised from the months of May to September.
- Musical events, class photos, sporting events and trips planned for cooler months

Monitor the weather and issue advice (Hourly)

- Monitor temperature and humidity throughout the day at specified times
- Warnings of extreme temperatures issued
- Temperature and humidity measurements displayed

APPENDICES (Relevant links to other policies or documents)

- None

POLICY REVIEW HISTORY:

This policy will be monitored, evaluated and reviewed by the Senior Leadership Team, approved by the Principal

Historical Record				
Revision No.	Date	Brief Description of Change	Approved by	Next Review:
0	25/5/2021	New Policy	Principal	June 2022
1	17/04/2022	Updated	Principal	April 2023
2	April 2023			