



THE ENGLISH COLLEGE  
D U B A I

## HEAT MANAGEMENT POLICY AY 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 caused as a result of UAE high temperatures and humidity levels.

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

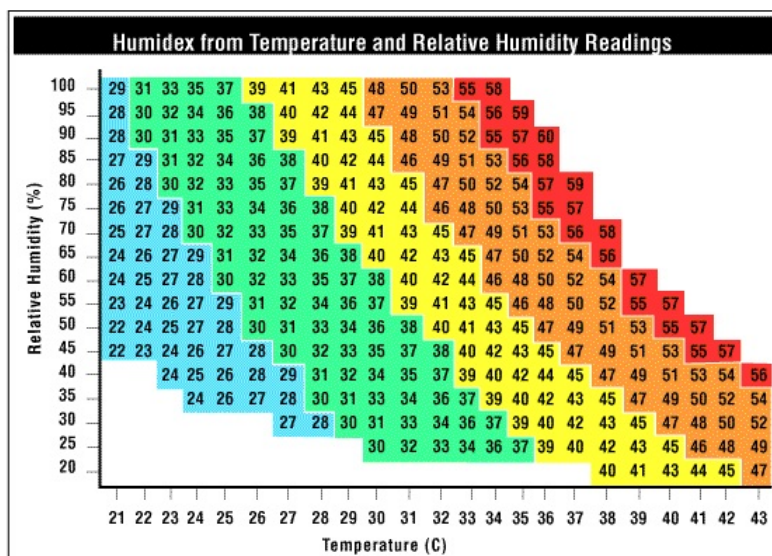
This policy provides clear instructions and guidance on the methods used to record temperature and humidity and the responsibilities of the EC Team, students and parents. It explains the action that will be taken as a result of data collected and the impact upon day to day operations within the school.

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

The combination of heat and high levels of humidity poses the greatest health risks. Dubai has a hot and humid climate for large parts of the school year, with high temperatures and humidity combining to make the temperature feel considerably hotter. In order to manage this and protect our community from risk of heat related illness The English College uses 4 methods for gathering data on temperature and humidity levels:

- Hygrometer - This measures the humidity in the air and is positioned permanently in a shaded outside location.
- AccuWeather - An online weather platform that provides weather forecasting.
- Temperature Checks - The KCH Clinic Team measures the temperature on site at EC throughout the day.
- WGBT - This measures the heat stress (temp, humidity and wind speed) in direct sunlight.

This data is collated 4 times a day, recorded centrally and converted into comfort ranges using the Humidex scale by tracking the temperature and the humidity data to a central point on the scale.



Humidex converts the temperature and humidity data into a range providing guidance on the degree of comfort. (Note that the Humidex Range is not based on degrees)

Level	Humidex Range	Degree of Comfort
1	Less than 29	No discomfort
2	30-39	Some discomfort
3	40-45	Great discomfort; avoid exertion
4	Above 45	Dangerous
5	Above 54	Heat Stroke imminent

As an additional measure the PE Team uses their professional judgement to assess the safety of outdoor activity and exertion levels by students.

### HEAT MANAGEMENT PROCEDURE FOR ALL OUTDOOR ACTIVITY

- Four heat index (humidex) checks will be taken each day. The KCH Clinic Team will take readings at 07.30am, 10am, 12pm and 14.30pm using the methods mentioned above, the data will be recorded and humidex will be used to calculate the degree of comfort level.
- If the heat index reaches the top end of Level 2 range (37-39) or above, the KCH Clinic Team will inform WSLT, SLT, PLT and Head of PE and make recommendations. Leadership Teams will then ensure that the recommendations are carried forward by the wider team.
- At Level 3 range (40) the KCH Team will instruct indoor breaks/lunches and no physical exertion. An internal email will be sent to all academic staff. The email will inform all staff that breaks and lunchtimes will be spent inside. Head of School, PLT and SLT will ensure all academic staff are aware and compliant.
- On some occasions, outdoor activities may be stopped or modified at temperatures **lower** than those of Levels 2/3. The professional judgement of those leading outdoor activities, or the assistant head i/c school duties, will be applied in consultation with the KCH Clinic Team. However, the actions outlined in the table below 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.

Level	Humidex / Comfort Range	Action / Response	Possible Heat Related Signs
1	Less than 29 / No discomfort	<ul style="list-style-type: none"> <li>• The School shall provide adequate water supply at all teaching stations.</li> <li>• Staff should inform students to apply sun lotion before lessons, games and activities.</li> <li>• All students should be encouraged to wear hats for break, lunch, PE lessons.</li> <li>• All athletes and students should be encouraged to bring water bottles to training and PE classes.</li> <li>• Mandatory regular water breaks.</li> <li>• Where possible spend rest periods and direct teaching moments in shade provided around facilities.</li> <li>• Students that wish to take a break should do so at any time.</li> <li>• Staff to watch/monitor players carefully.</li> </ul>	Fatigue with prolonged exposure and activity.
2	30-39 / Some discomfort	<ul style="list-style-type: none"> <li>• Staff to be mindful of those students with higher risk of suffering from heat related illnesses and provide opportunities to take less-active parts in the lesson.</li> <li>• Staff should brief students of possible heat illness and associated risk.</li> <li>• Outside activities with high physical exertion should be moved to shaded areas where possible.</li> <li>• Students showing signs and symptoms of heat related illness should be escorted to the Clinic.</li> <li>• Mandatory regular water breaks and rest periods.</li> <li>• During competitive and training matches, students should be rotated out on a regular basis.</li> <li>• Maximum duration of exposure at the top end of range without a cooling down period is one hour for secondary and 30 minutes for Primary.</li> <li>• <b>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.</b></li> </ul>	Heat cramps and heat exhaustion are possible in the lower range and likely in the upper range.
3	40-45 / Great discomfort	<ul style="list-style-type: none"> <li>• Primary athletes/lunchtime outdoor activities cancelled.</li> <li>• Staff should clearly brief students of extreme risk of heat illness.</li> </ul>	Heat cramps and heat exhaustion are likely if precautions are not taken. Heat stroke is probable with prolonged exposure.
4	Above 45 / Dangerous	<ul style="list-style-type: none"> <li>• All non-air conditioned activities are cancelled</li> </ul>	Heat stroke imminent
5	Above 54 / Heat Stroke	<ul style="list-style-type: none"> <li>• All non-air conditioned activities are cancelled</li> </ul>	Heat stroke

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"> <li>● Profuse Sweating</li> <li>● Fatigue</li> <li>● Thirst</li> <li>● Muscle Cramps</li> </ul>
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 above and:</p> <ul style="list-style-type: none"> <li>● Headache</li> <li>● Dizziness and Lightheadedness</li> <li>● Weakness</li> <li>● Nausea and Vomiting</li> <li>● Cool Moist Skin</li> <li>● Dark Urine</li> </ul>
<i>Heat cramps and Heat Exhaustion can quickly turn to heat stroke if signs and symptoms are not recognised and treatment is not administered quickly.</i>		
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"> <li>● Throbbing headache</li> <li>● Dizziness and lightheadedness</li> <li>● Lack of sweating despite of heat</li> <li>● Red, hot and dry skin</li> <li>● Muscle weakness or cramps</li> <li>● Nausea and vomiting</li> <li>● Seizures</li> <li>● Rapid, shallow breathing</li> <li>● Unconsciousness</li> <li>● Rapid heartbeat -strong or weak</li> <li>● Confusion, disorientation, or staggering</li> </ul>

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.

## ONGOING TRAINING, EDUCATION AND PREVENTION

### Staff Training (Annually)

- Sun Protection Guidelines created by the KCH Clinic Team to be shared with staff on induction week or first week back prior to children starting. KCH Team/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 heat management to be certified during orientation week prior to the start of the academic year.

### Students and parents Education - sun and heat exposure (Annually)

- 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 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.
- Students below the age of 12 should be encouraged to drink 100 to 250 ml of water every 20 minutes (little and often).

**Curriculum Planning & School Facilities Development Plans (Annually)**

- Tree planting for shade is actively considered and encouraged.
- Current and future projects consider the 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 (Daily)**

- 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, reviewed and approved by the Whole School Leadership Team in collaboration with the KCH Clinic Team.

<b>Historical Record</b>				
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	18/11/2022	Measure updated & table aligned to humidex ranges	WSLT	July 2023
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