

HOT WEATHER POLICY

Policy Title: Hot Weather and Outdoor Activity Policy

1. Purpose

Creative British School is committed to safeguarding the health, safety, and wellbeing of all students and staff during periods of high temperature and humidity. This policy establishes procedures to minimize the risk of heat-related illnesses and ensure safe participation in outdoor activities.

2. Scope

This policy applies to:

- All students from FS to Year 13
- Teaching and support staff
- School clinic personnel
- PE staff and coaches
- Visitors participating in school activities

3. Policy Statement

The school recognizes that exposure to high temperatures and humidity can increase the risk of:

- Heat exhaustion
- Heat cramps
- Heat stroke
- Dehydration
- Sunburn

Outdoor activities shall be monitored and adjusted based on daily weather conditions.

4. Daily Weather Monitoring.

- Daily weather conditions (temperature and humidity) will be monitored by the School Clinic before outdoor breaks, PE lessons, sports events, and assemblies.
- Weather data shall be reviewed each morning and updated when necessary.
- The School Clinic will communicate recommendations to the Principal and relevant staff daily regarding outdoor activity decisions.
- Records of weather monitoring and decisions shall be maintained.

5. Heat Risk Assessment and Outdoor Activity Guidance

Temperature / Heat Condition	Action
Up to 34°C	Outdoor activities permitted with regular hydration and shaded rest periods
35°C – 38°C	Reduce duration of outdoor activities; increase water breaks
≥39°C or high humidity conditions	Outdoor break, PE, sports training, and prolonged outdoor exposure should be restricted, modified, or moved indoors
Extreme heat conditions	Outdoor activities suspended; indoor alternatives implemented

Additional considerations:

- Humidity level
- Heat index/feels-like temperature
- Duration of exposure
- Student age and health status

6. Preventive Measures

Hydration

- Students shall bring a refillable water bottle daily.
- Scheduled hydration breaks must be provided.
- Staff should encourage regular water intake.

Clothing

- Students should wear school-approved lightweight uniforms.
- Hats are encouraged for approved outdoor activities.

Shade and Cooling

- Use shaded areas whenever possible.
- Indoor, air-conditioned spaces should be used during extreme heat.

Timing of Activities

- Outdoor activities should be scheduled during cooler periods where feasible.

7. High-Risk Students

Additional precautions shall be taken for students with:

- Asthma
- Diabetes
- Cardiac conditions
- Neurological conditions
- Obesity
- History of heat intolerance
- Students taking medications affecting heat regulation

Individual health care plans should be followed where applicable.

8. Responsibilities

School Clinic

- Conduct daily weather monitoring.
- Advise school leadership regarding outdoor activity suitability.
- Assess and manage students presenting with heat-related symptoms.

Principal / School Leadership

- Approve activity modifications or cancellations.
- Ensure policy implementation.

Teachers and PE Staff

- Follow daily guidance.
- Monitor students for signs of heat stress.
- Ensure hydration and shade access.

Parents

- Send students with water bottles.
- Ensure students arrive appropriately dressed.
- Inform the school of relevant medical conditions.

9. Signs of Heat Illness

Heat Exhaustion

- Excessive sweating
- Dizziness
- Headache
- Nausea
- Weakness

Action:

Move student indoors, provide water, cool environment, and refer to School Clinic.

Heat Stroke (Medical Emergency)

- High body temperature
- Confusion
- Collapse
- Altered consciousness

Action:

Call emergency services immediately and initiate first aid.

10. Communication

Parents and staff will be informed when significant changes to outdoor schedules occur due to weather conditions.

11. Review

This policy shall be reviewed annually or sooner if required by updated health, safety, or educational guidance.

CREATIVE BRITISH SCHOOL(CBS)

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Date: 10/06/2026

(School Principal)

Date: 10/06/26

