



HOT WEATHER POLICY

ABA aims to provide a safe environment and to ensure health and safety for all students and staff during hot weather, especially between April to June and August to September (the time period is subject to changes based on the weather of Oman). The policy sets out the framework to ensure the safety of all students and staff during hot weather in order to prevent dehydration, fatigue, heat cramps, heat exhaustion and heat stroke with reference to the Director General of Meteorology Oman Hot Weather Guidelines and the US national weather services (National oceanic and atmospheric administration).

POLICY AIMS:-

- To minimize the risks associated with hot weather conditions
- To reduce heat-related health issues
- To ensure a safe and healthy balance between the need to reduce outdoor activities in order to avoid exposure to heat, while also ensuring that students get the required amount of physical activity outdoors.

DETAILS:

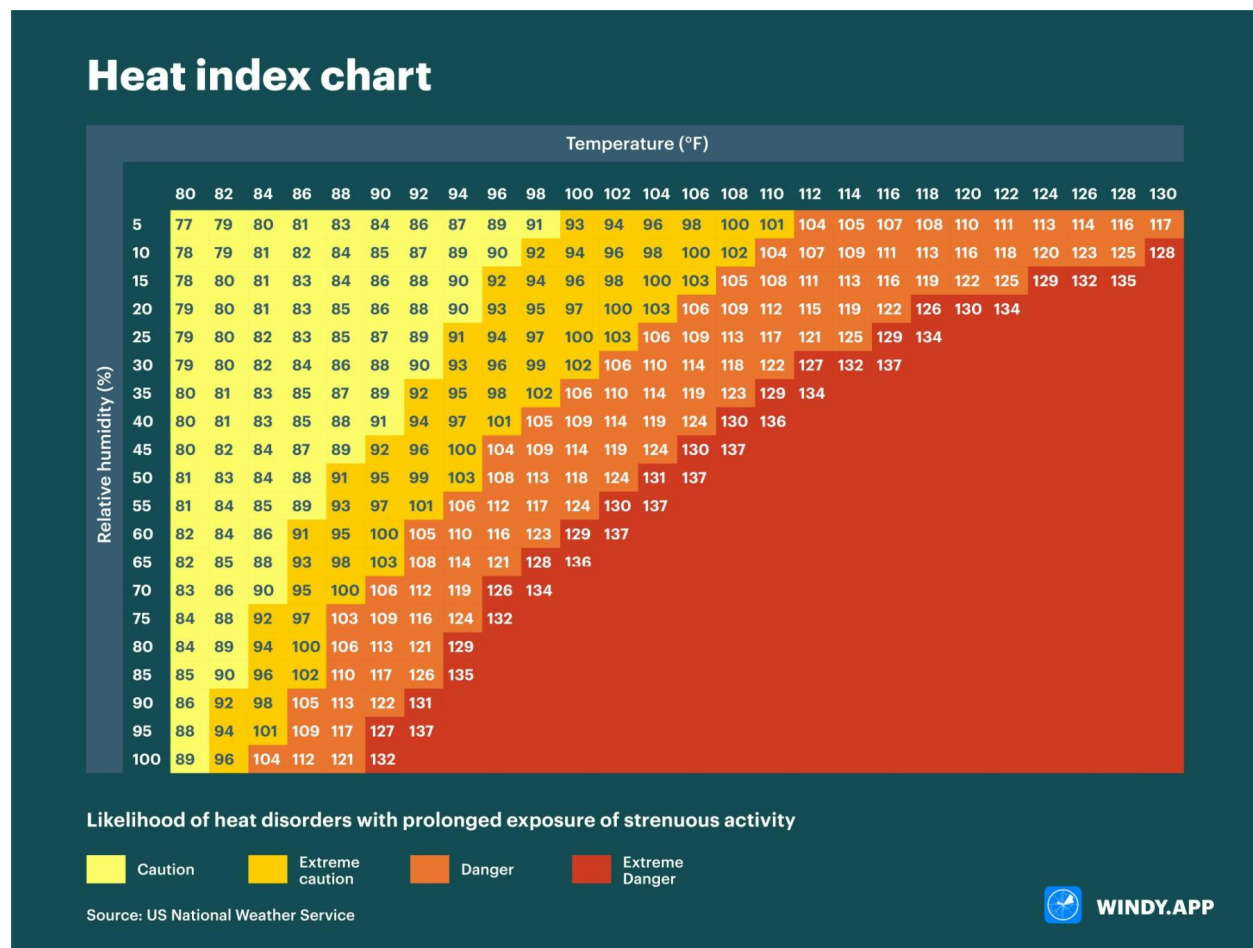
- The nurse will take the Heat Index readings in the ES playground and sky-terrace at the following times: 9:00am, 11:00am and 12:00pm.
- The readings will be communicated to the principals who will inform the staff via communications processes based on which play and activities will be moderated.
- All staff are to strictly follow the basic rule of outdoor activities in all seasons such as **hat on head, water bottle in hand, and sit in the shade**, as needed.
- Staff taking physical education and sports classes are to make appropriate decisions with regards to the type and location of activities on days of extreme temperatures.
- Students with low tolerance level to heat or with susceptible heat-related illnesses will be monitored carefully and, if deemed necessary by the school nurse, a medical protocol will be put in place.

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.

To find the Heat Index temperature, look at the Heat Index chart below. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index (how hot it feels) is 121°F.

IMPORTANT: Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.



Guidelines based on effects of the heat Index as per The Director General of Meteorology Oman & National Weather Service US.

Yellow Zone (Heat Index <91°F)

- All students have normal break times with the opportunity to engage in outdoor activities.
- Teachers remind students to drink water at regular intervals.
- No Hat, Play in the Shade - All staff and students must wear hats if exposed to direct sunlight.
- There will be designated spaces available for students who wish to remain indoors.

Orange Zone (Heat Index 92-103°F)

Extreme Caution: Heat cramps and heat exhaustion are possible. Continuing in activities could result in heat stroke. Mild discomfort is expected.

- All students have normal break times with the opportunity to engage in outdoor activities.
- Teachers remind students to drink water at regular intervals
- No Hat, Play in the Shade - All staff and students must wear hats if exposed to direct sunlight.
- There will be designated spaces available for students who wish to remain indoors.

Dark Orange Zone (Heat Index 104-126°F)

Danger: Likely to experience extreme discomfort. Avoid exertions. Heat cramps and heat exhaustions are likely. Heat stroke is probable with continuous activity.

- Students have normal break times with the opportunity to engage in outdoor activities in **designated shaded places**. (field is closed)
- Teachers remind students to drink water at regular intervals.
- There will be designated spaces available for students who wish to remain indoors.

Red Zone (Heat Index >107°F)

Extreme Danger: High possibility of heat stroke

- All students and staff will remain indoors during break times.
- Outdoor activities and/or physical exertion is not advisable.

Reviewed on: 25/9/23	Reviewed by: Laveena Tellis
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