

## **Outdoor Safety Policy**

**2023 – 2024**

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### **Purpose:**

- To ensure the safety of children at Fairgreen International School during extreme heat
- To establish protocols for outdoor activity in hot weather
- To protect children and staff from the effects of heat-related illness

### **Rationale**

Children are more at risk of heat-related illness due to their mass to surface area ratio. In addition to this, children lose fluid more quickly than adults and are therefore more likely to become dehydrated. Heat-related illness is increased during both hot, dry conditions and humid conditions. It is caused by 3 main factors; humidity, sun radiation and temperature. Humidity is the main factor in heat-related illness and therefore the Heat Index should be monitored. The Heat Index is the measurement of air temperature and relative humidity in shaded areas, this shows how the temperature feels (see page 2).

### **Roles of Teachers and Assistant Teachers**

- Direct students to wear hats when necessary.
- Direct students to utilize shaded areas when engaging in outdoor activities.

## Roles of Parents and Guardians

- Parents ensure children have an appropriate sun hat in school
- Parents to ensure their child applies sunscreen before school

## Procedures

- During outdoor activities, children should be carefully observed for signs of heat illness, and sent to the school clinic if they display symptoms.
- All members of staff will be trained to recognise the signs and symptoms of heat related illness.
- Many outdoor areas are shaded in compliance with official guidelines.
- Cool water is accessible to all children at all times of the day.
- Sunscreen (factor 30+) should be applied before coming into school.
- The school doctor will monitor the Heat Index frequently during the hotter months and indicate to staff by email if it is unsafe for children to play outside.

## Heat Index Measurement Process

- A Digital device to monitor temperature and humidity is installed outside Canteen entrance 2. This device displays the temperature and humidity from the sensors installed at the play areas and the astro turf. Facilities Management take Heat Index readings in playgrounds and on the school field at the following times;
  - 9.00am, 11.00am, 12.00pm and 2.00pm
- Readings are provided to the school doctor and senior leadership.
- The school doctor sends a daily email, during the hotter months, to all staff making them aware if it is unsafe to do outside activities.
- Outdoor activities will be adapted in line with Heat Index Protocols below.

## HEAT Index Protocols for Playtime

<b>1</b>	Under 30°C	Students encouraged to wear hats, drink water and play in shade. Staff to observe for signs of heat stress (see Appendix)
<b>2</b>	30-34°C	As (1) but additionally; <ul style="list-style-type: none"> <li>● Water breaks every 20 minutes</li> <li>● Regular water and shade breaks will be offered.</li> </ul>
	35-39°C	As (2) but additionally;

3		<ul style="list-style-type: none"> <li>• Outside activity modified to low /medium intensity</li> <li>• Regular water and shade breaks will be offered</li> </ul>
4	40°C+	Inside activity only

The school doctor will cross reference the air quality information with reported temperature and humidity from onsite facilities staff and send out an email to all staff if it is unsafe to play outdoors, instructing them to keep children inside.

The above information will also be recorded in the daily staff information update - The Daily Phoenix.

### **Hot/wet weather contingencies for Physical Education lessons**

The scope and sequence will take into account the weather conditions at the start and end of the academic year. Outdoor Physical Education lessons will not take place in the first half term (until October half term) and for the months of May, June and July. This includes swimming.

If, due to hot/wet/sandy weather or other dangerous conditions, lessons will be switched to indoors. In PE lessons, the decision to switch lessons indoors will remain with the teacher responsible for that lesson. For other school based outdoor activities, such as sports fixtures, the decision will rest with the Athletic Director.

## HEAT AND DISCOMFORT INDEX

HUMIDEX INDEX OF APPARENT TEMPERATURE ( degree C )

	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
42°	48	50	52	55	57	59	62	64	66	68	71	73	75	77	80	82
41°	46	48	51	53	55	57	59	61	64	66	68	70	72	74	76	79
40°	45	47	49	51	53	55	57	59	61	63	65	67	69	71	73	75
39°	43	45	47	49	51	53	55	57	59	61	63	65	66	68	70	72
38°	42	44	45	47	49	51	53	55	56	58	60	62	64	66	67	69
37°	40	42	44	45	47	49	51	52	54	56	58	59	61	63	65	66
36°	39	40	42	44	45	47	49	50	52	54	55	57	59	60	62	63
35°	37	39	40	42	44	45	47	48	50	51	53	54	56	58	59	61
34°	36	37	39	40	42	43	45	46	48	49	51	52	54	55	57	58
33°	34	36	37	39	40	41	43	44	46	47	48	50	51	53	54	55
32°	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	53
31°	32	33	34	35	37	38	39	40	42	43	44	45	47	48	49	50
30°	30	32	33	34	35	36	37	39	40	41	42	43	45	46	47	48
29°	29	30	31	32	33	35	36	37	38	39	40	41	42	43	45	46
28°	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
27°	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
26°	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	39
25°	25	25	26	27	27	28	29	30	31	32	33	34	34	35	36	37
24°	24	24	24	25	26	27	28	28	29	30	31	32	33	33	34	35
23°	23	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33
22°	22	22	22	22	23	24	25	25	26	27	27	28	29	30	30	31

Up to 29 C°	No discomfort
From 30 to 34 C°	Slight discomfort sensation
From 35 to 39 C°	Strong discomfort. Caution: limit the heaviest physical activities
From 40 to 45 C°	Strong indisposition sensation. Danger: avoid efforts
From 46 to 53 C°	Serious danger: stop all physical activities
Over 54 C°	Death danger: imminent heatstroke

*figure 1*

Before outdoor lessons are scheduled the heat index should be taken into consideration. See the table below to view the heat index action plan before taking an outdoor lesson.

Heat Index	Description	Action
Below 29	No discomfort	Outdoor PE is allowed. Water breaks should take place every 15 minutes. Students should be encouraged to wear hats especially in the afternoon lessons.

From 30 to 34	slight discomfort	Students must bring a hat and water bottle to participate in outdoor PE lesson. Regular water and shade breaks will be offered. Lessons should last no longer than 40 minutes.
From 35 to 39	Strong discomfort, limit vigorous activities	Students must bring a hat and water bottle to participate in the PE lesson. Teachers to use discretion in modifying activities so that students participate in moderate-lower intensity activities. Students should not be outside for longer than 30 minutes. Regular water and shade breaks will be offered.
From 40 to 45	Strong indisposition sensation. Danger, avoid efforts	if the temperature and humidity move into 'strong indisposition sensation' zone according to the heat index no PE lessons will take place outside.
From 45 to 50+	Serious danger. Stop all physical activities	if the temperature and humidity move into 'serious danger' zone according to the heat index no PE lessons will take place outside.

Whenever possible the lesson content should be maintained. For example, if it is too hot/wet to do high jump outside, the lesson can be taught equally well indoors. If this is not possible then another practical activity should be undertaken suitable to the class/group size and composition.

## Air Quality

At Fairgreen we also monitor the air quality to determine when students should, and should not, be spending time / exercising outdoors. Our school doctor monitors the air quality using the app Air Visual and advises staff when it is deemed unsafe for the children to be outside. The data from the Air Visual app is gathered by the Dubai Municipality. The parameters for outdoor play / sport are in line with WHO guidance - please see appendix 1. We use the AQI index to determine whether students should be outdoors and whether outdoor exercise is safe.

NB Dubai live air quality map - <https://www.iqair.com/air-quality-map/united-arab-emirates/dubai>

**Air Quality Index**



**Appendix**

<b>Heat Illness Guide</b>		
<b>Illness</b>	<b>Symptoms</b>	<b>Action</b>
Sunburn	<ul style="list-style-type: none"> <li>● Redness</li> <li>● Pain</li> <li>● Swelling of skin</li> <li>● Blisters</li> <li>● Fever</li> <li>● Headaches</li> </ul>	<p>Leave water blisters intact to speed healing and avoid infection. If breaking blisters occur, apply sterile dressing. Serious cases should be seen by a doctor.</p>

Heat Cramps	<ul style="list-style-type: none"> <li>● Heavy sweating causing muscle spasms usually in legs but sometimes in abdomen</li> </ul>	<p>Apply firm pressure on cramping muscles or gentle massage Sips of water Move to a cooler place Observe closely for changes</p>
Heat Exhaustion	<ul style="list-style-type: none"> <li>● Heavy sweating</li> <li>● Weakness</li> <li>● Cold, pale clammy skin</li> <li>● Weak Pulse</li> <li>● Fainting</li> <li>● Vomiting</li> <li>● Core temp above 38.8 degrees</li> </ul>	<p>Move out of sun Lay child down and loosen tight clothing Apply cool, wet cloths Give sips of water If nausea occurs discontinue sips of water If vomiting occurs seek immediate medical attention</p>
Heat Stroke	<ul style="list-style-type: none"> <li>● High body temperature</li> <li>● Hot, dry skin</li> <li>● Rapid, strong pulse</li> <li>● Possible loss of consciousness</li> </ul>	<p>Call school doctor / nurse and 998 Move to a cool environment Remove outer clothing Reduce body temperature with lukewarm water Do not give fluids</p>