

WHITGIFT SUMMER SCHOOL

EXTREME WEATHER POLICY

In response to the recent increases in temperatures and the occurrence of more extreme weather in the UK, this policy has been written to address considerations and actions which minimise the risks of extreme heat, lightning strikes and disruption due to poor weather. It aims to highlight arrangements that are put in place by the school to protect students and provide guidelines for staff to follow when required.

Heat Management Procedure and Guidelines

Background

Heat Related Illnesses

When the body heats too quickly to cool itself safely, or when too much fluid or salt is lost through dehydration or sweating, the body temperature rises, and heat-related illness may develop.

There are three stages of heat related illness that all Summer School staff should be aware of:

1. **Heat cramps** are experienced from fluid loss due to heavy sweating and usually occur in the abdomen or legs.
2. **Heat exhaustion** derives from prolonged exposure to hot conditions resulting in high fluid loss due to heavy sweating and an elevated body temperature below 40 degrees Celsius.
3. **Heat stroke** is a condition which occurs when the core body temperature is higher than 40 degrees Celsius and is potentially fatal.

Heat stroke is a serious condition with complications involving the central nervous system that occur after prolonged exposure to high temperatures. Heat cramps and heat exhaustion can quickly turn to heat stroke if signs and symptoms are not recognised, and treatment is not administered quickly.

Some sporting activities can continue in conditions of high temperatures if risk factors are identified and managed. Those at risk of suffering from heat related illnesses are the very young, elderly, obese, diabetics, and people recovering from illness and diarrhoea or suffering from chronic conditions. Other risk factors include poor hydration, very high temperatures and humidity, excessive physical exertion, insufficient recovery time, and inappropriate clothing. Students unfamiliar to temperatures in the UK may be particularly vulnerable. A combination of these risk factors elevates the chance of someone suffering from a heat related illness.

It is important to note that heat emergencies can afflict a patient of any age, with or without underlying health problems, in a variety of ambient temperatures.

Outside temperatures and potential medical conditions

Temperature	Medical Conditions
26-32C	Fatigue is possible with prolonged exposure and activity. Continuing activity could result in heat cramps.
26-40C	Heat cramps and heat exhaustion are possible. Continuing activity could result in heat stroke.
40-54C	Heat cramps and heat exhaustion are likely. Heat stroke is probable with continued activity.

Signs and symptoms of the three stages of heat-related illness

1. Signs and symptoms of heat cramps

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps

2. Signs and symptoms of heat exhaustion

The signs and symptoms of heat cramps are:

- Headache
- Dizziness and light headedness
- Weakness
- Nausea and vomiting
- Cool moist skin
- Dark urine

3. Signs and symptoms of heat stroke

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the 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

Skin cancer

Skin cancer is one of the most common forms of cancer and the number of cases is rising at an alarming rate. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. This is particularly important for children and young people whose skin is more delicate and easily damaged. Studies have found that sunburn during early childhood can increase the risk of skin cancer later in life.

Awareness and Prevention

- **Whitgift Summer School provides staff training covering the following points during the staff induction:**
 - Sun protection and hydration guidelines for students and staff
 - Awareness of the Extreme Weather Policy and availability on SharePoint
 - First Aid Training for selected staff
- **All staff ensure that students are protecting themselves daily:**
 - All students are provided with a refillable water bottle and advised where they can fill them up during their induction
 - Students are briefed about hot weather in daily morning meetings and reminded of the importance of hydration, sunscreen and sensible attire
 - Spare hats are available from the Welfare Team if required
- **The Activity Team encourage students to avoid dehydration daily:**
 - Students are briefed to take water bottles to all lessons, activities and on trips
 - Students engaged in intensive physical activity should be encouraged to drink water approximately every 20 minutes
- **The Activity Team ensure that this procedure is reflected in the planning of outdoor activities and trips:**
 - In hot weather, regular water breaks are planned in shaded areas
 - Physically energetic sports and competitive games take place during the cooler periods of the day (i.e. after 4.30pm)
 - During trips and activities, the Activity Manager and Senior Activity Leaders monitor the weather and issue advice to Activity Leaders as required
- **First Aid and Medical Provisions:**
 - This policy should be used in conjunction with the Summer School First Aid and Medical Policy which is available on the Summer School website and internally on SharePoint
 - The school maintains a high ratio of First Aid trained staff within the Activity Team and Welfare Team
 - Many medications and illnesses can compromise the body's ability to thermoregulate. It is therefore necessary to be aware of students' medical information. This information can be obtained through a member of the Administrative or Welfare Team.

Heat Management Guidelines for Outdoor Activities and Sports

Below 35°C	The following actions are standard practice for all outdoor activities over the summer in hot weather: • Students are provided with a water bottle and adequate filtered water supplies are available from the boarding house at all times • Welfare Staff remind students to apply sunscreen before outdoor games and activities • Students are encouraged to wear hats • All students are reminded to bring water bottles to activities/classes • Where possible, transitions, rest periods and direct coaching moments take place in shade provided around facilities • Students that want to take a break can do so at any time • Staff monitor students carefully
Above 35°C	All actions as per temperatures below 35°C and additionally: • During competitive and training matches, students should be rotated out on a regular basis • Staff should identify students who present a higher risk of suffering from heat related illnesses and provide these students with an alternative to training in heat • Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse or member of the Welfare Team • Mandatory water breaks in place every 20 minutes • Outdoor activities should take place in shade as much as possible • Activities are modified to allow for regular hydration and rest

Lightning Procedure and High Winds/Storm Guidelines

Planning ahead and responding

The Activity Manager and Senior Activity Leaders should remain up to date with reputable weather forecasts prior to the commencement of outdoor activities and trips and be aware of the need to find safe shelter for their group should a storm occur, or high winds start.

If the group is outdoors and the activity leader responsible for leading the activity or trips can see lightning or hear thunder, the group is considered already at risk. All activities will cease, and groups will seek safer areas.

When lightning is seen, activity leaders should count how many seconds are between the flash and the thunder boom (5 seconds = 1 mile).

Procedures

- 1) At 6 miles (30 seconds between flash and boom) groups should seek the safest position possible.
- 2) At 3 miles (15 seconds between flash and boom) groups should be in the safest position possible.
- 3) Groups should stay in this position until the storm passes and is at least 3 miles away.
- 4) Groups should remain in a safe area until the storm is at least 6 miles away, as it is common for lightning strikes to happen in front of, to the side of, and behind storms.

Activities will not resume until 30 minutes after the last thunder strike.

Guidelines on the safest position and actions during a lightning storm

- Inside a structure is safest, inside a vehicle is safer than outside and lone trees or tall objects should be avoided.
- Students and staff should not touch anything metal or tall. Long conductors such as metal fences, power lines, phone lines, handrails, and tree roots should be avoided.
- Elevated places, open areas, tall, isolated objects, and open areas such as fields should be avoided.

If high winds or dangerous storms (e.g. hurricanes) are expected, then the main concern would be debris being blown around the site or trees being affected/blown over/branches falling off (please refer also refer to the Whitgift School Tree Management Policy). In this instance the Course Director will liaise with the Director of Estates and Facilities and decide if it is safe to be outside on site or if there are areas that should be avoided. These areas will be cordoned off by the Estates team.

In the event of a serious storm the closing of the course may need to be considered.

Poor Weather Guidelines

In the event of poor weather, consideration must be given to the fact that a number of staff and students, particularly Student Ambassadors and day students, may be late into school. In addition, student behaviour, needs careful attention. The following procedures should be followed:

Late arrival of staff and students

- If poor weather is forecast, the Course Director, Director of Studies, Welfare Manager and Activity Manager should meet the day before, if possible, to plan for staff lateness and any potential cover
- Staff should be warned, if possible, the day before poor weather is due
- Appropriate cover will be arranged if required, for the registration of day students

Behaviour of Students

- Students will be informed of 'out of bounds areas' on the school site.
- When poor weather conditions include high winds, staff should ensure that students stay clear of the trees in these areas.
- The Welfare Team are available to assist with any injuries or accidents on the school site.

Safety of staff and students on the school site

- The Course Director will meet with the Director of Estates and Facilities, who should take appropriate steps to ensure the safety of the school site, particularly the use of grit around walkways and the front terrace. As well as 'roping off' of tree areas (where possible) in high winds.
- In the event of concerns regarding safety, the Course Director will consider whether the course should remain open.
- In the event that the course is closed during the day due to poor weather, students will be sent to the Boarding House immediately. Day students and Student Ambassadors will not be released until they have contacted their parents, and a safe method of transport home is agreed.

Course Closure

In the event of the course having to close, telephones will be manned as required. The Course Director will inform all staff.

In the event of the course having to close during the day because of a storm either occurring or forecast, day students and Student Ambassadors will be informed so arrangements can be made for the safe journey home.

Residential students will be looked after in the Boarding House by the Welfare Team and other staff as required.

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