

St. Andrews International School Samakee

Document Information			
Policy Number:	PO-H&S-20	Created by:	SLT
Reviewed by:	SLT	Responsibility:	All Staff
Last Review:	1/2026	Next Review:	1/2027
Review Cycle:	Annual	Ratified by:	SLT

Weather Policies and Procedures

- **Air Quality Policy - Pg 1**
- **Sun Policy - Pg 4**
- **Heat Policy Pg 5**
- **Lightning Policy - Pg 7**

Air Quality Policy

Air pollution is a growing concern worldwide. Research indicates that exposure to air pollution can impact health. Studies on long-term health effects typically focus on individuals who are exposed to unhealthy air for an extended period, often many years. However, evidence also indicates that short-term exposure can create health concerns, particularly for children, the elderly, and people with compromised immune systems.

Young children are at increased risk of these health effects because they tend to be more physically active, their lungs are still growing, and they are more likely to have asthma or acute respiratory illnesses, which can be aggravated when pollution levels are high.

The Air Quality Index (AQI) was designed by the US Environmental Protection Agency (EPA) and is used to determine air quality. The EPA developed a series of levels to help the public better understand the impact of air pollution and determine when air pollution reaches unhealthy levels. Samakee has aligned its practices based on information from the EPA and the World Health Organisation.

AQI Guidelines

AQI 0-99

Air quality in this range is considered to be good to moderate, and no action is necessary.

AQI 100-149

Air quality in this range is considered unhealthy for sensitive groups. The general public is not likely to be affected. Activities will continue as planned. Those that fall into the *sensitive groups category will be monitored by teachers and staff. Outside activities, in particular strenuous activity, will be modified.

AQI 150-199 - Red Flag

Air quality in this range is considered unhealthy for the general public. Therefore, PE and Swimming activities should be inside. At this level outdoor break time, Farm activities will be postponed, and all outdoor activities will be brought inside.

St. Andrews International School Samakee

AQI 200-299

Air quality in this range is considered to be very unhealthy. At this level, all outdoor activities will be held indoors or cancelled. Outdoor trip decisions will be based on the local air quality at the destination.

AQI 300-And Beyond

If the AQI exceeds 300, all students and school-related personnel (except those necessary to maintain security) will remain indoors. This does not restrict students and staff from moving between buildings. Outdoor field trip decisions will be based on the local air quality at the destination.

To Determine the Current AQI

How we obtain AQI levels:

At Samakee, we have installed two air monitoring devices which are used to ascertain the above restrictions and provide a continual assessment of outdoor air quality. This live data helps us decide about possible restrictions on outdoor activities and ECAs. At school, we have access to a live reading and make all decisions about outdoor activities based on this live reading.

The Air Visual App can be downloaded here <https://www.airvisual.com/app>

Communication

The AQI will be monitored throughout the day...

🚩 When the **AQI is 150 or above**, a message will be sent out on the Emergency Whatsapp group and line group for teachers, TAs and LSAs ... indicating the AQI and a reminder that outdoor activities are cancelled or moved indoors. In regards to ECAs, activities will be modified and take place indoors.

The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. At Samakee, we use the Flag Programme to indicate air quality at school, which helps to develop children's awareness of whether outdoor activities have been modified.

St. Andrews International School Samakee
Air Pollution and School Activities

	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy/ Hazardous
	AQI is 0 to 49 PM 2.5 is 0 to 12	AQI is 50 to 99 PM 2.5 is 13 to 35	AQI is 100 to 149 PM 2.5 is 36 to 60	AQI is 150 to 199 PM 2.5 is 61 to 200	AQI greater than 200 PM 2.5 above 250
Playtime	No restrictions.	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
P.E. (1 hour)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Keep students with asthma, respiratory infection, lung or heart disease, and diabetes indoors. Limit these students to moderate activities. For others, limit to light outdoor activities. Allow any student to stay indoors if they don't want to go outside.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.
Athletic Events and After School Clubs/ECAs (Vigorous activity 2-3 hours)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these students as needed.	Students with asthma, respiratory infection, lung and heart disease, or conditions like diabetes shouldn't play outdoors. Consider moving events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates.	Cancel events. Or move events to an area with "Good" air quality – if this can be done without too much time spent in transit through areas with poor air quality.	Cancel events. Or move events to an area with "Good" air quality – if this can be done without too much time spent in transit through areas with poor air quality.

***Sensitive groups:**

Sensitive groups can include young children, the elderly, pregnant people, or those with underlying heart and lung disease.

Light Activities: Playing board games, throwing and catching while standing, and cup stacking.

Moderate Activities: Shooting basketballs, dance, tricycles and table tennis.

Vigorous Activities: Running, jogging, basketball, football and swimming.

For more information on the source of these recommendations, please consult the following link:

[US Government's Air Quality Index AQI Basics](#)

St. Andrews International School Samakee

Sun Policy

Rationale: This policy is to support St Andrews Samakee staff and students with regard to sun and heat exposure.

The damaging effects of exposure to the sun are well documented, and with skin cancer being a very common cancer with the number of cases around the world increasing, we do everything we can to ensure that children are protected when they are in and around the school grounds and the pool area. This policy is designed to give advice and guidance to encourage safe practice and develop awareness for the future.

Protection

- Sun protection is considered when planning all outdoor activities
- Tree planting for shade is actively considered
- Organised activities make use of shade for regular water breaks
- Students may wear hats when outside for organised PE sessions and playtime sessions. They may wear UV protection sunglasses
- Long sleeve rash tops may be worn for swimming activities
- Sunscreen is the last line of defence but is useful with areas that can not be covered
- Staff will help FS apply sunscreen if needed, older students will cover themselves

Information

- Students are made aware of the need for sun protection at regular intervals throughout the year
- Students are made aware of the importance of regularly hydrating before, during and after physical activity and play times
- Water stations are provided on the school premises, and children are encouraged to bring a water bottle to school and refill as and when needed.

Working together

- School Leaders and teachers plan and timetable outside activities and events with the Sun Policy in mind;
- School Leaders, staff and parents will work together at school and home to ensure sun protection is given clear priority.

St. Andrews International School Samakee

Heat Policy

This heat policy has been developed to ensure that all students and staff at Samakee are protected from Heat-Related illnesses, ranging from heat cramps to exhaustion and potential heatstroke, a life-threatening emergency due to the body's inability to cool oneself due to extreme heat. The following actions are standard prevention and response practices for all Outdoor Activities

<p>Caution</p> <p>Heat Index below 33 Degrees</p>	<ul style="list-style-type: none"> ● The School shall provide adequate water supply at all teaching stations. Students should be encouraged to wear hats ● All students should bring a water bottle to school ● Reminders should be given every 30 minutes for students to hydrate ● Where possible, students should spend transitions and direct teaching moments in shaded areas. ● Staff to be aware of any students identified as a higher risk of suffering from heat-related illnesses. ● Students showing signs and symptoms of heat-related illness should withdraw from the activity and be escorted to the nurse. ● Students who want to take a break should do so at any time. ● Students are encouraged to drink leading up to exercise and during.
<p>Extreme Caution</p> <p>Heat Index 34 - 40.9 Degrees</p>	<p>All actions as per Heat Index Level 1 and additionally:</p> <ul style="list-style-type: none"> ● During PE and after-school sports, students should be given regular water breaks (every 15 - 20 minutes) when outdoors. ● Water breaks and instruction should take place in shaded areas when possible. ● Students showing signs and symptoms of heat-related illness should withdraw from the activity and be escorted to the nurse.
<p>Danger</p> <p>Heat Index 41 - 44.9 Degrees</p>	<p>All actions as per point 2 and additionally:</p> <ul style="list-style-type: none"> ● A message will be sent to all staff indicating point 3 Danger. The teacher will remind students of the risk of heat illness and to hydrate. ● All outdoor activities require a 5 min water break out of the sun every 15 minutes ● PE/Swimming and break times should be moved indoors or cancelled
<p>Extreme Danger</p> <p>Heat Index above 45 Degrees</p>	<p>All non-air-conditioned activities are cancelled.</p>

St. Andrews International School Samakee

Pool temperature guidelines:

Swim session restrictions are based on the below water temperatures as long as the Heat Index warning is point 3 or below. At point 4, all swimming is suspended.

*18°C	*19 - 22°C	23 - 28°C	29 - 32°C	33°C ≤
Swim Suspended	Swim suspended EYFS	Good to Go	Low Exertion	Swim Suspended

*Below 22 degrees, EYFS classes will be canceled because the children are much smaller and have less body fat than older students and adults.

*28 - 32.9 degrees. There should be limited physical exertion and a maximum time in water of one hour with breaks every 20 mins. Swimmers can do light drills, starts, etc.

*At 33 degrees, the pools will be closed.

BACKGROUND

Heat-Related Illnesses

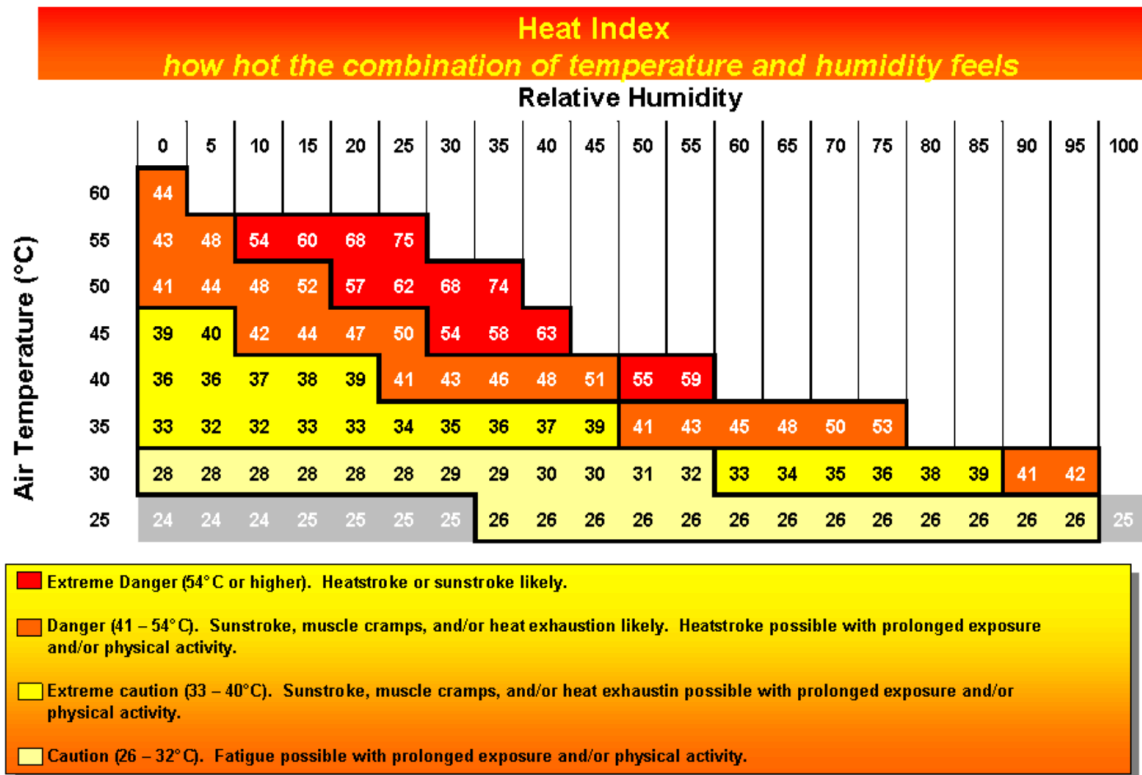
When the body heats too quickly to cool itself safely, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises, and heat-related illness may develop. There are three stages of Heat-related illness that all staff teaching at Samakee need to be aware of:

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 with high fluid loss due to heavy sweating and an elevated body temperature
3. Heat Stroke is a condition when the core body temperature is higher than 40 degrees Celsius (104 Fahrenheit) and is potentially fatal.

Heat Stroke is a serious condition with complications involving the central nervous system that occurs 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.

Thailand has a hot and humid climate for most of the year, with the temperature and humidity combining to make the temperature feel considerably hotter. We monitor weather conditions via our heat index monitor, which allows us to gauge actual temperatures and humidity.

St. Andrews International School Samakee



Lightning Policy

Objective: This policy aims to safeguard against the hazards of potential lightning risks.

Lightning is one of the most consistent and significant weather hazards that may affect break times/lunch times/PE and Swim sessions and hometime routines. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area, and the proper safety precautions are not followed.

Prevention and education are key to lightning safety. Avoid being outside, in or near huge open places or open fields, isolated trees, under gazebos, flag poles, metal fencing, or water.

Lightning Safety Rule:

Postpone and Resumption of outside activities

The key to a lightning safety action plan is to immediately come inside should thunder and lightning be detected by human sight or hearing. Without specialist lightning monitors in school, we must rely on common sense, “If Thunder roars, stay indoors” is the school policy.

All outside Playtime, PE, and Swim Sessions will be postponed, and everyone should move to a safe place, preferably inside. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away.

St. Andrews International School Samakee

Continuation of activities:

PE or Swimming sessions will resume 30 minutes after the last sound of thunder or lightning. If lightning continues, the 30-minute count starts again from the last thunder heard or lightning is seen.

Please refer to the following policies for further information:

[Fire & Emergency Policy](#)