

Outdoor Safety Policy

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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 susceptible to heat-related illnesses due to their higher surface area-to-mass ratio, which affects their ability to regulate body temperature. Additionally, children lose fluids more quickly than adults, making them more prone to dehydration.

Heat-related illnesses can occur in both hot, dry conditions and humid environments. They are primarily influenced by three factors: temperature, sun radiation, and humidity. Of these, humidity plays a critical role, which is why the Heat Index should be monitored.

The Heat Index measures the combined effect of air temperature and relative humidity in shaded areas, providing an indication of how hot the temperature actually feels to the human body.

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, and water bottles to keep them hydrated.
- Parents to ensure their child applies sunscreen before school.

Procedures

- During outdoor activities, children should be closely monitored for signs of heat-related illness and sent to the school clinic if any symptoms appear.
- All staff members will be trained to recognize 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 throughout the day.

- Sunscreen with SPF should be applied before children come to school.
- The school doctor will monitor the Heat Index daily during the hotter months and notify staff daily if conditions make outdoor play unsafe.

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. The school medical team takes Heat Index readings in playgrounds and on the school field at 8:30 am and 11:30 pm.
- The readings are then updated on the Daily Phoenix, and during the hotter months, the school doctor sends a daily message to all staff notifying them if it is unsafe to conduct outdoor activities.

HEAT Index Protocols for Playtime

1	Under 33°C	• Outdoor PE may be allowed, with hats, water breaks every 15 minutes, and access to shade. • Monitor for signs of heat stress
2	33-36°C	• Usual routine with hats, water, and shade • Lessons should not last more than 40 minutes. • Mandatory water breaks every 15 minutes. • Reapply sunscreen as needed • Monitor for signs of heat stress
3	36-39°C	• Outdoor activity limited to 10 minutes at a time, with hats, water, and shade • Water and rest breaks every 10 minutes, with access to shade. • Teachers use discretion to provide students with lower intensity exercises • Classes should not exceed 30 minutes. • Monitor for signs of heat stress
4	40°C and above	• All activities to be held indoors only

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	34	35	36	37	38	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 lessons. 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 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 the '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 the 'danger' zone according to the heat index, no PE lessons will take place outside.

Lesson Adaptation

Whenever possible, lesson content should be maintained. For example, if it is too hot or wet to do a high jump outdoors, the lesson can be taught indoors. If maintaining the original lesson is not feasible, an alternative practical activity should be selected that is suitable for the class/group size and composition. Adaptations should prioritize safety and inclusivity, ensuring all children can participate.

Air Quality Index



Heat Illness Guide		
Illness	Symptoms	Action
Sunburn	• Redness • Pain • Swelling of skin • Blisters • Fever • Headaches	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.
Heat Cramps	• Heavy sweating causing muscle spasms usually in legs but sometimes in abdomen	Apply firm pressure on cramping muscles or gentle massage Sips of water Move to a cooler place Observe closely for changes
Heat Exhaustion	• Heavy sweating • Weakness • Cold, pale clammy skin • Weak Pulse • Fainting • Vomiting • Core temp above 38.8 degrees	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
Heat Stroke	• High body temperature • Hot, dry skin • Rapid, strong pulse • Possible loss of consciousness	Call school doctor / nurse and 998 Move to a cool environment Remove outer clothing Reduce body temperature with lukewarm water Do not give fluids