مدرسة بيس سبرينق فيلد انترناشونال ذ.م.م

PACE SPRINGFIELD INTERNATIONAL SCHOOL L.L.C

HOT WEATHER POLICY

2026-2027

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This document aims to offer guidance on hot and severe weather to establish when outdoor activities should be restricted.

1. Scope

In the UAE daytime temperatures often rise above 35°C between March and November and this increases the chances of students becoming unwell due to extended exposure. This policy aims to establish clear procedures to follow when hot or inclement weather is expected or where air quality is expected to be low.

2. Definitions

- **Heat Cramps:** Painful muscle spasms, usually leg muscles that occur after vigorous exercise, can also occur in the arms and stomach, no long-term problems should arise from heat cramps.
- **Heat Exhaustion:** A heat related illness that arises when the body loses water and electrolytes from excessive sweating after exposure to heat.
- **Heatstroke:** Breakdown of the body's cooling mechanisms causing core body temperature to exceed 40°C; a potentially life-threatening emergency causing headache, dizziness, confusion and unconsciousness.
- **Heat Index:** The heat index, sometimes referred to as apparent temperature, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.
- **Relative Humidity:** The moisture content of air expressed as a percentage of the maximum it can hold at a given temperature.
- **Revised Breaks:** Break periods where clinic staff have deemed the weather conditions to be unsuitable for students to partake in recreational activities outdoors.

3. Responsibilities

3.1 Principal

- Principal is responsible for having a plan in place to manage hot or severe weather and to ensure this is communicated to staff.

3.2 Manager

- To ensure that the procedures detailed in this document are effectively implemented by the clinic team and communicated to all staff.

3.3 School Clinic

- To check the heat index on a daily basis Weather Conditions | Weather Underground (wunderground.com) and communicate the readings to all staff via email to advise on revised breaks.
- To notify the senior leadership team of any change in best practice guidance from the UAE health authorities.

- To communicate guidance to all staff via email in the event of thunder and lightning.
- To communicate guidance to all staff via email in the event of sandstorms or poor air quality and to send out annually to all parents and staff the latest hot weather and summer guidelines from the UAE heath authorities.

3.4 Teaching Staff

- Review the heat index whenever it is sent by the clinic team and plan lessons in line with heat index recommendations and this policy.
- Carefully coordinate outdoor activities in warmer months, moderate to high intensity sport should be planned for cooler months.

4. Guidelines

Hot Weather

This document will assist staff in making decisions about what is appropriate and safe for students of all age groups when conducting outdoor activities or partaking in recreational time involving outdoor play throughout the year. Outdoor activities include PE, school led curriculum activities and outdoor play under shaded areas. Environmental factors affect experiences in a hot environment including temperature, humidity and job-related aspects including work rate, physical effort, type of clothing, protective equipment used and the duration of the activity. All these factors need to be evaluated to minimise the impact on staff and students, personal characteristics such as age, weight, physical fitness, and acclimatisation to the heat also need to be factored in to determine those that are at high risk.

Throughout the year, the school clinic should monitor the heat index Weather Conditions | Weather Underground (wunderground.com) and send email updates to all staff to advise when the heat index is 35°C and above. The clinic should check the website at the start of each day and 30 minutes before each break. When the heat index is 35°C and above a revised break or learning day should be called, outdoor activities should be restricted and students should remain within shaded areas, and preferably indoors wherever possible. Any activities that continue outside in shaded areas should be modified to be low intensity, hats should be worn, and water should be directly available.

Students should always be carefully monitored when exposed to hot weather, the advice below is taken from DHA summer guidelines:

- Hydration – The body depends on water to survive, every cell and organ in the body needs water to function and the body uses water to maintain temperature, remove waste and lubricate joints. It is important students and staff remain hydrated by drinking water, students should have access to drinking water at all times and regular water breaks should be offered during activities outside. The following factors are indicators that an individual is dehydrated:
    - Dry mouth
    - Sleepiness or fatigue
    - Extreme thirst
    - Headache
    - Confusion
    - Dizziness or light headiness
    - No tears when crying
    - Little of no urine or urine dark in colour

- Physical Activity – When conducting exercise outdoors during the summer months it is better to exercise early when the temperature is cooler. Teachers should use discretion in modifying activities so that students participate in moderate-lower intensity activities with a suitable number of water breaks.
- Skincare and Protective Equipment – It is important that the body is protected during the summertime as high UV levels can do serious damage to exposed skin. Both sunscreen and protective clothing should be worn including hats that can provide shade to the face, neck, and scalp.

Thunder and Lightning

When thunder or lightning occurs, it is important to take precautions to ensure safety. The clinic team should send an email to all staff to advise that it is a revised break due to impending bad weather, and all students should remain indoors. The following considerations should also be made:

- Following a period of thunder and lightning it is advisable to wait at least 30 minutes after the last thunderclap before venturing outside.
- Stay away from metal objects that can conduct electricity and avoid touching metal surfaces.
- Lightning can travel through water, so it is important to avoid swimming and other water-based activities.
- If outside, seek shelter in an indoor location, avoid sheltering under trees or other tall objects as they can attract lightning.

Air Quality

When there is poor air quality it is important that actions are taken to protect the health of students and staff. The website Weather Conditions | Weather Underground (wunderground.com) will be used to give an indication of general air quality but local factors should also be take into account being aware that the online reading will be taken from the nearest air pollution monitor. During sandstorms or on days when there are particularly high AQI readings the clinic team should send an email to staff to advise that it is a revised break, and all students should remain indoors.

1. **Heat Index**

The heat index combines air temperature and relative humidity to determine the human-perceived equivalent temperature – or how hot it feels to the person. The result is also known as the "felt air temperature" or "apparent temperature".

Heat Index will be measured daily or more frequently as required during the warmer months. The designated person will use the heat index monitor to gauge the heat index level.

Please refer to the chart below:

Low immediate risk (31 Below)	Caution (31 – 35)	Extreme Caution (35 – 40)	Danger (41 – 53)	Extreme Danger (above 54)
Slight discomfort or fatigue possible with prolonged exposure and physical activity	Some discomfort and fatigue are likely with prolonged exposure. Fluids and sun protection recommended	Strong discomfort, heat cramps or heat exhaustion may be possible with prolonged exposure and physical activity. Limited exposure – Hats should ideally be worn and fluids taken regularly	Strong discomfort, heat cramps, or heat exhaustion likely. Heatstroke possible with prolonged exposure and physical activity. Minimal time outside WITH hats and access to water	Heatstroke or even death likely to happen particularly for younger learners

Relative Humidity %

	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	49
40	45	47	49	43	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	45	45	47	48	49	50
30	30	32	33	34	35	36	37	39	40	41	43	43	45	46	47	48
29	29	30	31	32	33	35	36	37	38	39	41	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	37	37	38	39	40	41
26	26	26	27	28	29	30	31	32	33	34	35	35	36	37	38	39
25	25	25	25	27	27	28	29	30	31	32	34	34	34	35	36	37
24	24	24	24	25	26	27	28	28	29	30	32	32	33	33	34	35
23	23	23	23	24	25	25	26	27	28	28	30	30	31	32	32	33
22	22	22	22	22	23	24	25	25	26	27	28	28	29	30	30	31

The above heat index should be used to identify the relative outside temperature upon which revised breaks or learning will be declared. This means that even when the air temperature is recorded at 27 degrees, if the relative humidity is above 70%, a revised break or learning situation would be declared.

References

Dubai Health Authority, Summer Guidelines 2022 Website Weather Conditions, (Wunderground.com

Signature of Principal:

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