



Bringing out the best in every one

NCBIS

Since 1978

NEW CAIRO BRITISH INTERNATIONAL SCHOOL



Name of Policy:	Hot Weather Management
Applicable to:	Whole School
Effective date:	April 2021
Date of next review:	April 2023

Hot Weather Management Policy

Scope and Purpose:

The NCBIS Heat Management Guidelines have been developed to ensure that all students and staff at NCBIS are protected from Heat Related illness, ranging from heat cramps, exhaustion and potential heat stroke, a life threatening emergency due to the body's inability to cool oneself due to extreme Heat.

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 NCBIS 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 in hot conditions with high fluid loss due to heavy sweating and an elevated body temperature below 40 degrees Celsius (104 Fahrenheit)
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 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.

We monitor weather conditions via our own thermometers, alongside local weather reports. This allows us to gauge actual temperatures and humidity on campus. 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, persons recovering from illness and diarrhoea or suffering from chronic conditions. Other risk factors include poor hydration, high temperatures and humidity, excessive physical exertion, insufficient recovery time, and inappropriate uniform and clothes. Students new to the country and environment are particularly vulnerable.

A combination of these risk factors elevates the chance of someone suffering from a heat related illness.



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Signs and Symptoms of the Three Related Stages of Heat Illness

1. Signs and Symptoms of Heat Cramps

- Profuse Sweating
- Fatigue
- Thirst
- Muscle Cramps

2. Signs and Symptoms of Heat Exhaustion

as with heat cramps plus...

- Headache
- Dizziness and Lightheadedness
- Weakness
- Nausea and Vomiting
- Cool Moist Skin
- Dark Urine

3. Signs and Symptoms of Heat Stroke

- Throbbing headache
- Dizziness and lightheadedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Seizures
- Rapid, shallow breathing
- Unconsciousness
- Rapid heart beat strong or weak
- Confusion, disorientation, or staggering

Education and Prevention:

Provide Staff Training (Yearly)

- Sun Protection Guidelines
- Signs, symptoms and treatment of heat related illnesses and Hyponatremia
- Risk factors associated with the onset of heat related illnesses
- First Aid All teachers to be certified



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Educate students and parents regarding sun and heat exposure (Yearly)

- Sun Protection Awareness through PE/Health
- Banners/poster/screen campaign
- Education through the curriculum
- Make parents aware of our Sun Protection Guidelines and meet annually with PTA

Ensure students are protecting themselves (Daily)

- Lower school students are required to wear sun hats
- Spare hats and water bottles made available
- Have a school uniform and PE kit that is appropriate for hot conditions
- Encourage the daily application of sunscreen in physical activity

Encourage students to avoid dehydration (Daily)

- Students to have water bottles in class, PE, activities and trips
- Students engaging in physical activity should be encouraged to drink 100 to 250ml of water every 20 minutes

Ensure this Policy is reflected in the planning of outdoor classes, activities, events and capital development projects (Yearly)

- Tree planting for shade is actively considered and encouraged
- Current and future projects consider use of shading
- Physically energetic sports, competitive games during the cooler periods of the day/months
- Musical, class photos, sporting events, trips planned for cooler months
- ES play time limited to 20 minutes outside to reduce risk of heat illness

Monitor the weather and issue advice

- Weather Station to monitor temperature and humidity on a real time basis
- Auto Generated warnings of extreme temperatures issued to key staff
- Temperature, humidity and measurements displayed

Adhere to standard operating procedure

- Ensure all staff are aware of procedure
- Display standard operating procedure
- Ensure activity providers and external companies adhere to SOP



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<p>Heat index Below 30</p>	<ul style="list-style-type: none"> • The school staff shall provide adequate water supply at all teaching stations • Staff should inform students to apply sun lotion before lessons, games and activities • Students should be encouraged to wear hats in KS3/4. It is mandatory for EY and KS1/2. This is for breaktime, lunch, PE classes and ECA's. • All athletes and students should bring water bottles to training and PE classes • Recommended water breaks every 20-30 minutes • Where possible, spend transitions, rest periods and direct teaching moments in shade provided around facilities • Staff to watch/monitor players carefully
<p>Heat Index 30 - 38</p>	<p>All actions as per Heat Index Ratings under 30C additionally:</p> <ul style="list-style-type: none"> • During competitive and training matches, students should be rotated out on a regular basis • Staff identify students who present a higher risk of suffering from heat related illnesses and provide these students with an alternative to training / PE in heat • Staff should brief students of increased risk at the beginning of lessons and training regarding heat related illness • Students showing signs and symptoms of heat related illness should withdraw from activity and be escorted to the nurse • Recommended water breaks every 15 minutes • Iced towels could be used for outdoor activities • Suggested that lessons take place in shade / indoors as much as possible • Modify lessons and games to allow for regular hydration and rest.
<p>Heat Index 38 - 45</p>	<p>All actions as per Heat Index Ratings under 30 - 38C additionally:</p> <ul style="list-style-type: none"> • If the temperature is expected to get this high during the day staff should inform students in the morning through the daily briefing and remind them what they should do at 38C or higher temperatures. • Staff should clearly brief students of risk of heat illness within this zone and exclude students who have not hydrated throughout the day • Recommended water breaks EVERY 10 MINUTES. • KS1, years 3 and 4, and younger athletes outdoor activities cancelled. • Outside activities with high physical exertion moved to shaded areas or, where possible, indoors. • Students showing signs of heat related illness should withdraw from activity and be escorted to the nurse. • Electrolyte consumption should be encouraged and utilised for athletes practicing and competing. • Maximum duration of exposure in this temperature is 30 minutes



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<p>Heat Index Above 45C Or humidity above 60%</p>	<ul style="list-style-type: none"> • All non air-conditioned activities are cancelled
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