Nurture
Lifelong
Learning

ARCADIA SCHOOL

Sun Smart and Safety in Heat Policy (H&S)

2026 - 2027

Jumeirah Village Triangle
Dubai, United Arab Emirates

Sun Smart and Safety in Heat Policy (H&S)

	Designation	Name	Signature
Developed By:	**Manager - School Operations**	Alroy Kinny	
Reviewed By:	**Assistant Head (Pastoral)**	David Ince	
Approved By:	**Executive Principal**	Giles Pruett	
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Review Date:	July 2028		
Scope:	**All students, employe were es, contractors, visitors, sports coaches and external providers during the school day, ASAs, fixtures, events, trips and other school-organised activities.**		

Purpose:

- To ensure effective management of children at The Arcadia School during extreme heat
- To state guidelines for outdoor activity during specific Heat Index ranges
- To protect children and staff from the environmental effects of heat-related illness.

Rationale

Children are more at risk of heat-related illness due to their mass-to-surface area ratio. In addition, children lose fluid more quickly than adults and are therefore more likely to become dehydrated. Heat-related illness is increased during both hot, dry conditions and humid conditions. Heat-related illness is caused by 3 main factors: humidity, sun radiation and temperature. Humidity is the main factor in heat-related illness, and therefore, the Heat Index should be monitored. Heat Index is a measure of air temperature and relative humidity in shaded areas; it indicates how the temperature feels.

Roles of Teachers and Assistant Teachers

- Plan to allow pupils approximately 20 minutes to apply sunscreen before outdoor activities in direct sunlight.
- Direct pupils to wear appropriate hats when necessary.
- Direct pupils to utilise shaded areas when engaging in outdoor activities.

Roles of Parents and Guardians

- Parents should provide a hat for their child's bag
- Use sunscreen on their child in the morning before school, if they so wish

Roles of Senior Management

- The School Clinic Team, the Manager of School Operations (MSO), and the designated SLT member have the authority to immediately suspend outdoor activities when environmental conditions pose an unacceptable risk. Staff must not override a restriction to complete a lesson, fixture, ASA, or event.

Procedures

- During outdoor play/learning time/, or other outdoor activities, children should be carefully observed for signs of heat illness, and any necessary action taken immediately.
- All members of staff will be informed and up to date on the signs and symptoms of heat-related illness.
- Outdoor areas must be shaded in accordance with the official guidelines.
- Cool water must be accessible for all children at all times of the day
- Sunscreen should be applied before coming into school with a minimum factor of 30 and water-resistent

- A designated member of staff will measure the Heat Index rating daily or more frequently during the hotter months.
- Outdoor activity must be modified, relocated or stopped where environmental conditions, including poor air quality or dust, create an unacceptable additional risk.
- Staff must consider students who may be at increased risk due to medical conditions, medication, recent illness, additional needs, previous heat illness or reduced acclimatisation. Relevant Individual Healthcare Plans and agreed adjustments must be followed.
- An accessible air-conditioned indoor recovery area must be available. Any student showing signs of overheating or heat illness must stop activity immediately and be moved to a cool, air-conditioned area for assessment by the school clinic / qualified first aider.

- Planned water and rest breaks must be built into outdoor activity. Students must have ready access to drinking water before, during and after the activity.
- The intensity and duration of physical activity must be reduced as heat risk increases. Sustained high-intensity exercise, repeated sprints and prolonged competitive activity should be avoided when conditions are elevated.
- The Heat Index, rather than air temperature alone, will determine the permitted level of outdoor activity. Heat Index reflects the combined effect of temperature and humidity.

Heat Index Measurement Process

- School Clinic will take Heat Index readings from the temperature and air quality monitor installed by the football field on the following times: 9.00, 11.00 and 13.00 and inform the staff via communications processes (email)
- Readings are provided to the school clinic, which immediately, play and activity will be moderated based on the readings provided in line with Heat Index Guidelines
- Heat Index must also be reassessed where there is a noticeable change in temperature, humidity, wind, cloud cover or environmental conditions, before major outdoor events or fixtures, and whenever staff have reasonable concern regarding conditions.

HEAT Index Guidelines

Under 35°C	• The usual routine may continue, with hats, drinking water, and access to shade encouraged. • Staff should continue to monitor students for signs of heat stress.
35-40°C	• Outdoor physical activity may continue, but teachers should modify activities towards moderate or lower intensity. • Students participating in outdoor physical activity must have a water bottle, and hats are advised. Where these are not available, alternative work should be provided. • Regular water breaks must be provided. • During break and lunchtime, students should be encouraged to remain in shaded areas. • Swimming may continue as normal.
40-45°C	• Outdoor physical activity must be limited to lower-intensity activities and undertaken only for short periods (5-10 minutes). • Five-minute water breaks should be taken after periods of low-intensity exercise. • During break and lunchtime, students must remain in shaded areas or, preferably, indoors. • Swimming may continue where sufficient shaded areas are available, with five-minute water breaks between activities. • Consideration must be given to students and staff who are outside the water on the poolside.
Above 45°C	• All outdoor physical activity must stop. • Students should be moved to an indoor air-conditioned space. Where this is not possible, fully shaded outdoor areas may only be used with additional risk-mitigation measures. No physical activity may take place. • Outdoor swimming must stop where the pool is unshaded or only partially shaded. • Where an outdoor pool is fully shaded, swimming may continue, only subject to a specific risk assessment and the additional controls set out by the school. Swimming must stop at a Heat Index of 47.1°C and above.

HEAT ILLNESS AND TREATMENT		
HEAT ILLNESS	**SIGNS**	**TREATMENT**
Sunburn	• Redness • Pain • Swelling of the skin • Blisters • Fever • Headaches	• Leave water blisters intact to speed healing and avoid infection. If blisters occur, apply a sterile dressing. • Serious cases should be seen by a physician.
Heat Cramps	• Heavy sweating, causing muscle spasms, usually in the legs but sometimes in the abdomen	• Apply firm pressure on cramping muscles or gently massage • Give sips of water • Move the child/person to a cooler place to rest in comfort • Observe the child/person carefully for changes in condition
Heat Exhaustion	• Heavy sweating • Weakness • Cold, pale, clammy skin • Weak pulse • Fainting • Vomiting • Core temperature normally above 38.8 degrees	• Get the child/person out of the sun • Move to a cooler environment • Lay person down and loosen clothing • Apply cool, wet cloths • Give sips of water • If nausea occurs, discontinue sips of water; if vomiting continues, seek immediate medical attention
Heat Stroke	• High body temperature • Hot, dry skin • Rapid and strong pulse • Possible unconsciousness	• Call 998 if unable to get the child/person to medical help immediately, do the following: • Move the person to a cooler environment • Remove outer clothing • Reduce body temperature using lukewarm water to bathe the person • Do not give fluids

Emergency Override

Where KHDA, the Dubai Government, or another competent UAE authority issues an instruction or safety alert requiring outdoor activity to cease, that instruction overrides the school's Heat Index thresholds, and all outdoor activities will stop immediately.