



Nurture
Lifelong
Learning

ARCADIA SCHOOL

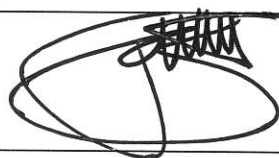


Sun Smart and Safety in Heat Policy (H&S)

2024 - 2025

Jumeirah Village Triangle
Dubai, United Arab Emirates



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

	Designation	Name	Signature
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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 to this, children lose fluid more quickly than adults and are therefore more likely to become dehydrated quicker. 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 Heat Index should be monitored. Heat Index is the measurement of air temperature and relative humidity in shaded areas, this shows how the temperature feels.

Roles of Teachers and Assistant Teachers

- Plan to allow pupils approximately 20 minutes before outdoor exposure for application of sunscreen prior to outdoor activities in the direct sun.
- Direct pupils to wear appropriate hats when necessary.
- Direct pupils to utilize shaded areas when engaging in outdoor activities.

Roles of Parents and Guardians

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

Procedures

- During outdoor play/learning time/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 regulation with the official guidelines.
- Cool water must be accessible for all children at all times of the day
- Sunscreen should be applied before coming in to school with a minimum factor of 30 and preferably waterproof
- A designated member of staff will measure the Heat Index rating daily or more frequently during the hotter months.



Heat Index Measurement Process

- During Terms 1 and 2, Facilities Management take Heat Index readings in FS courtyard, KS1 courtyard and rooftop play area at the following times:
 - 9.00, 11.00, 12.00 14.00 (or at more regular times in peak season)
- Readings are provided to the main reception and senior leadership who immediately inform the staff via communications processes
- Play and activity will be moderated based on the readings provided in line with Heat Index Guidelines

HEAT Index Guidelines

Under 33°C	Usual routine with hats/water/shade Monitor for signs of heat stress
33-36°C	Usual routine with hats/water/shade All sporting activity to be moved inside Mandatory water break every 20 minutes Reapplication of sunscreen if necessary Monitor for signs of heat stress
36-38°C	Outside activity reduced to 10 minutes with hats/water/shade Water/rest break every 10 minutes Monitor for signs of heat stress
38°C+	Inside activity only

*Based on Dubai Health Authority

HEAT ILLNESS AND TREATMENT		
HEAT ILLNESS	SIGNS	TREATMENT
Sunburn	<ul style="list-style-type: none">• 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 physician.
Heat Cramps	<ul style="list-style-type: none">• Heavy sweating causing muscle spasms usually in	Apply firm pressure on cramping muscles or gently massage Give sips of water



	legs but sometimes in the abdomen	Move the child/person to a cooler place to rest in comfort Observe the child/person carefully for changes in condition
Heat Exhaustion	<ul style="list-style-type: none">● 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	<ul style="list-style-type: none">● 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 person to a cooler environment Remove outer clothing Reduce body temperature using lukewarm water to bathe the person Do not give fluids