



CHERRYWOOD FEDERATION HOT WEATHER POLICY

Written: June 2026

Review: June 2028

This policy should be read in conjunction with other policies including the Health and Safety Policy, School Visits Policy and the Children with Medical Needs Policy.

The Headteacher, Governors and the LA have a responsibility to ensure that staff and pupils are able to work and learn in a safe environment.

1.Statement of intent

At The Cherrywood Federation we are committed to ensuring that we meet our health and safety obligations to staff and pupils, including during outdoor activities.

During the summer months, the temperature during the day can become high. As a school, we know that health and safety is of the utmost importance, and it is vital that we address this issue.

Overexposure to the sun's ultraviolet (UV) radiation presents a severe risk to the health and wellbeing of our staff and pupils, with the potential to cause sunburn, blistering and sickness.

This policy outlines the framework in which our schools will identify, manage and minimise the risks of UV rays to our staff and pupils and manage extreme heat conditions.

The procedures outlined within this policy should be adhered to by all staff members, pupils, parents and visitors whilst on the school premises or attending a school event.

Currently there is no statutory upper limit specified in the UK Health and Safety Law for a maximum permissible temperature in the workplace, however, there is a legal requirement contained within <https://www.hse.gov.uk/temperature/index.htm> "to keep temperatures at a comfortable level".

Further guidance for schools is also available at:

<https://www.gov.uk/guidance/looking-after-children-and-those-in-early-years-settings-before-and-during-hot-weather-teachers-and-other-educational-professionals>

The main elements of this policy are:

Protection: providing a safe environment from radiation from the sun

Partnership: working with parents/carers to reinforce awareness about sun safety

Planning: ensuring the school is prepared for hot weather and keeping staff and pupils safe

2. Responsibilities

Executive Headteacher and SLT

The Head Teachers and SLT will ensure that arrangements are in place to comply with the requirements of this policy and that all staff are familiar with the contents of the policy.

Staff

Staff will:

- Ensure children wear sun protection prior to participating in outdoor activities
- Implement extra breaks to ensure pupils and staff can access fluids regularly
- Keep the school as cool as possible with window and doors being open, where possible, and supplying classrooms with fans where available
- Ensure when children are outside, shade is available and not prolong outside time
- Follow the DfE guidance published in December 2024 'Looking after children and those in Early Years settings during heatwaves: for teachers and professionals. <https://www.gov.uk/guidance/looking-after-children-and-those-in-early-years-settings-before-and-during-hot-weather-teachers-and-other-educational-professionals>
- Ensure that they take adequate protection to keep themselves safe from harm from the sun.
- Ensure that pupils and themselves remain hydrated

Parents/Carers

Parents/Carers will:

- Provide their children with appropriate protection from the sun and ensuring that this protection is available from the start of the school day-sunhats, sunscreen, sunglasses, water bottles
- Support the school by acting as role models
- Use a combination of these sun protection measures when attending and participating in outdoor activities, to protect themselves from the sun.

3. Adopting sun protection strategies

Staff will encourage students and staff to wear protective clothing during summer term.

- **School Clothing** is made of close-weave fabric and includes shirts with collars and sleeves, longer style dresses and shorts. Sports clothes should not include vest style tops. During very hot weather, children are permitted to wear their school PE kits.
- **Hats**- children are encouraged to wear caps and / or wide brimmed hats that protect their face, neck and ears such as legionnaire or bucket hats, when they are outside.
- **Sunglasses** - Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if appropriate. Sunglasses should have UV protection. (Look for BS EN 1836:1997 on the label).
- **Water** - Children are reminded, and encouraged, to drink water at regular intervals throughout the day and have access to water at all times in personal bottles in the classroom and when outdoors.

4. Sunscreen

Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. However, sunscreen should not be used to increase the amount of time spent in the sun.

Pupils should have sunscreen applied before school starts – SPF30 or above (as recommended by NHS Sunscreen and sun safety <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>)

Children can be encouraged to bring in sun cream for application at lunchtime. Staff will encourage children to apply sunscreen. Sunscreen must be applied by the child and not by a member of staff unless part of a specific personal medical plan approved by the school nurse in full collaboration with the child's parents or carers. Only appropriate sunscreen which has no impact on a child's particular medical needs must be used. Children will not be allowed to share sunscreen, in case of allergies.

5. Shade

- The schools makes sure there are sufficient number of shelters and trees providing shade in the school grounds
- In consultation with the education department, shade provision will be considered in plans for future buildings and grounds.

- The availability of shade is considered when planning excursions and all outdoor activities.
- Children will be encouraged by staff to make use of available shaded areas when outside.

6. Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

7. Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- Tiredness
- Dizziness
- Headache
- Nausea
- Vomiting
- Excessive sweating and pale, clammy skin
- Confusion

8. Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- High body temperature – a temperature of or above 40°C is a major sign of heatstroke
- Red, hot skin and sweating that then suddenly stops
- Fast heartbeat
- Fast shallow breathing
- Confusion or lack of co-ordination
- Fits
- Loss of consciousness

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

The Met Office operates a system called 'Heat-Health Alert Service' between June and September and is based on Met office forecasts. SLT will monitor this annually and ensure the elements of the Heat Wave Plan are implemented if and when appropriate

<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice>



Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)

9. Actions in times of extreme heat (30°C+)

During heatwaves, the school takes additional precautions:

- We shorten outdoor breaks and lunchtimes as appropriate
- Opening doors and class windows first thing to let the cool air in
- Close doors and windows when air turns hotter outside than in
- Keep blinds closed if sun shining directly into window
- Ensure children have full water bottles outside in shade for play and lunch
- All jumpers/cardigans off and left in class
- Children may wear PE kits (shorts not jogging bottoms) if they prefer
- Contact parents with children in tights and ask for an alternative
- No running around games/football
- Encourage children to play in the shade
- Remind children to apply sunblock, wear caps/sunglasses
- Look out for signs of heat exhaustion – red hot skin, shallow breathing, confusion, temp of 39+. Refer to First Aid staff.
- Check medication/drugs are stored in a cool place for days over 25 degrees
- Staff will check the temperature of metal and plastic playground equipment / before children play
- Keep electric lights off where possible as this generates heat.
- Fans can be used but at temperatures above 35 degrees, fans may worsen dehydration.
- On days above 30 °C, PE lessons will be held indoors to prevent any kind of illness resulting from strenuous activities in inappropriate conditions.
- Our sports days will not be held if the temperature exceeds 32°C, as recommended by the DfE.

10. If a person is suffering from heat related illness these are the steps you should take:

- Move the person to as cool a room (air-conditioned room) as possible and encourage them to drink cool water (such as water from a cold tap)
- Cool the person as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool water (not cold)– if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
- Contact parents if concerned about a child.
- Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes or if you have any concerns.

11. Monitoring and review

The Head Teacher is responsible for reviewing this policy.

The effectiveness of this policy will be monitored and evaluated by all members of staff.

Any concerns will be reported to the Head Teacher immediately.