



**PACE** مدرسة بيس البريطانية ذ.م.م  
**BRITISH SCHOOL L.L.C.**  
==SHARJAH==

# HOT WEATHER POLICY

## HOT WEATHER POLICY

Seasonally Sharjah reaches extreme temperatures. Children absorb more heat on hot days and are less capable of dissipating it and cooling their bodies. The purpose of the hot weather policy is to provide guidelines for outdoor activities and to ensure the health and safety of PACE British School community, especially students, during hot weather and sandstorm conditions and avoid heat-related illness.

To ensure effective management of children & adults during severe weather conditions and outdoors activities at PACE British school, all the members of the school community play a vital role.

During the summer season, strong north-westerly winds blow from Saudi Arabia. These winds (Shamal (north) in Arabic) increase the desert sand and reduce visibility and the sandstorms may last for several days.

Relative Humidity: the percent of moisture in the air.

Temperature: the temperature of the air in degrees Celsius.

Heat Index is an index that combines air temperature and relative humidity that determines the human - perceived equivalent temperature - how hot it feels to the person (also known as “feels like temperature”).

### Heat-related illness:

**Heat Cramps:** caused by heavy exertion after prolonged or excessive exercise during extreme heat (affecting both children and adolescents). Cramps are an early sign that the body is having difficulty to deal with the heat.

- Symptoms: profuse sweating, severe muscular pain and spasms (usually stomach, arms and legs),

normal or slightly elevated temperature.

- Immediate First Aid: rest in a cool place, provide fluids, do gentle stretching and massage to relieve spasms, and apply firm pressure to cramping muscles. If cramps persist for more than an hour, seek for further care.

**Heat Exhaustion:** caused by heat exposure and excessive sweating without necessary fluid replacement.

- Symptoms: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.
- Immediate First Aid: rest in a cool, shaded and well-ventilated area, loosen clothing, have the person lie down with feet elevated, apply cool wet clothes or spray with water; give sips of water. Seek for further care if vomiting occurs and persists.

**Heatstroke:** is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

- Symptoms: high body temperature (40°C/104°F or higher); hot, red and dry skin; no sweating, headache or fatigue; nausea and vomiting; rapid and strong pulse, confusion and disorientation. Can progress to coma and seizures.
- Immediate First Aid: move to a cool room indoors, reduce body temperature by wrapping in wet and cold cloths and sponge with cool water. Seek for medical attention immediately.

**Sunburn:** caused by overexposure to the ultraviolet rays of the sun.

- Symptoms: painful, red and warmth skin, skin blisters.
- Immediate First Aid: Apply cool cloths on sunburned area or take a cool bath, apply moisturizing lotion, stay out of the sun until it heals, and do not break the blisters.

**Heat rash:** is an irritation of the skin that results from excessive sweating during hot and humid weather.

- Symptoms: red clusters of small blisters that look like pimples, usually on the neck, chest, groin or elbow.
- Immediate First Aid: move to a cool and dry place, take a cool shower and keep the rash dry.

## Responsibilities:

It is the responsibility of the school Principal and head of pastoral care to implement and share the Policy for severe weather conditions and guidelines for outdoor activities with all at PACE British school.

The school nurse monitors the daily temperatures and reports any extreme temperatures to the School Principal who will then alert Heads of School.

It is the responsibility of all PACE British staff, parents and students to follow this policy.

This policy is shared with parents.

## Procedure:

PACE British has the responsibility to ensure the health and safety of their students, staff and parents always, and this includes during hot weather conditions and outdoor activities.

It is the expectation of PACE British School that the parents:

- Apply sunscreen to their children before coming to school;
- Remind their children to wear their hat during outdoor activities;
- Remind their children to regularly drink water.

Additionally, PACE British School expects from all the students that they:

- Apply sunscreen before coming to school;
- Wear their hats and drink water regularly during outdoors activities;
- Inform the person on duty if experiencing any symptoms of heat-related illness or asthma;
- Take regular rest periods while playing outdoors.

PACE British teachers, teaching assistants and classroom assistants should:

- Remind students to drink plenty of water during outdoor activities and always wear their hats;
- Remind students to take regular rest periods while playing outside;
- Observe closely for symptoms of heat-related illness and provide the immediate first aid and/or take the children to the school clinic.
- Do not allow children to play outdoors during a sandstorm;
- Observe closely asthmatic children when the weather conditions are dusty.

PACE British School has taken the following measures to maintain health and safety in whole community:

- We are equipped with shaded playgrounds/outdoor areas;
- We provided indoor play areas when HI is higher than 40 degrees Celsius;
- We always ensure the accessibility to water fountains/cool water;
- We reschedule/reduce outdoor activities during hot months;
- We cancel outdoor activities during a sandstorm.

	temperature (°F)																
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136	
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137		
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137			
55	81	84	86	89	93	97	101	106	112	117	124	130	137				
60	82	84	88	91	95	100	105	110	116	123	129	137					
65	82	85	89	93	98	103	108	114	121	128	136						
70	83	86	90	95	100	105	112	119	126	134							
75	84	88	92	97	103	109	116	124	132								
80	84	89	94	100	106	113	121	129									
85	85	90	96	102	110	117	126	135									
90	86	91	98	105	113	122	131										
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Caution

Extreme Caution

Danger

Extreme Danger

NOTE: To find the Heat Index it is necessary to correlate the temperature and humidity. (Example: for an outdoor temperature of 32 °C and humidity of 60% the HI is 42, which is orange).

Signed: 

Last amended: August 2025

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