



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

HOT WEATHER POLICY

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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 (40oC/104F 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:

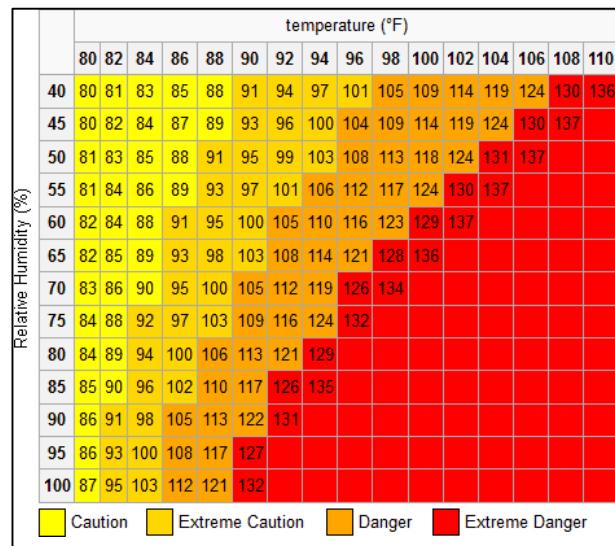
- Apply sunscreen before coming to school;
- Wear their hats and drink water regularly during outdoors activities;
- Inform the person on duty if experiencing any symptoms of heat-related illness or asthma;
- Take regular rest periods while playing outdoors.

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.



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

Policy Review Date: August 2026