





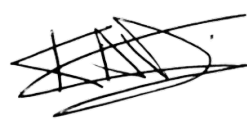
ARCADIA GLOBAL SCHOOL

Sun Smart and Safety in Heat Policy (H&S)
2024-2026

Al Furjan
Dubai, United Arab Emirates



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

	Designation	Name	Signature
Developed By:	Health and Safety Officer	Ummar Farook	
Reviewed By:	Vice Principal	Holly Simpson	
Approved By:	Principal	Andrew Wilson	
Issue No:	1		
Implementation Date:	August 2024		
Review Date:	July 2026		

Purpose:

- To ensure effective management of children at Arcadia Global 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 increases 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 the measurement of air temperature and relative humidity in shaded areas, this shows how the temperature feels.

Roles of Teachers and Assistant Teachers (Classroom Coaches)

- 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. (An AGS sun hat/ baseball cap is available as uniform).
- Use sunscreen on their child in the morning before school if they 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, and outside Football Pitch
- 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 (this is an indicator based on the humidity and air temperature) and is shown on the table at the end of the policy.

Under 33°C Real Feel	Usual routine with hats/water/shade Monitor for signs of heat stress
33-36°C Real Feel	Usual routine with hats/water/shade Mandatory water breaks every 20 minutes Reapplication of sunscreen if necessary Monitor for signs of heat stress
36-38°C Real Feel	Outside activity reduced to 10 minutes with hats/water/shade Water/rest break every 10 minutes Monitor for signs of heat stress
38°C+ Real Feel	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 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	<ul style="list-style-type: none"> ● Heavy sweating ● Weakness ● Cold, pale, clammy skin ● Weak pulse ● Fainting ● Vomiting ● Core temperature normally above 38.8 degrees 	<p>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</p>
Heat Stroke	<ul style="list-style-type: none"> ● High body temperature ● Hot, dry skin ● Rapid and strong pulse ● Possible unconsciousness 	<p>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</p>

The Heat Index (HI Chart) used for the guidelines from Kings College Hospital (KCH)

Air Temperature °C	21°	24°	26°	27°	28°	29°	30°	31°	32°	33°	34°	35°	36°	37°	38°	39°	40°	41°	42°	43°	44°	45°
Relative Humidity %	Heat Index = Apparent Temperature / What it Feels Like (°Celsius)																					
0%	19	22	25	26	26	27	27	28	29	29	30	31	32	32	33	34	35	36	36	37	38	39
10%	19	23	25	26	26	27	28	29	29	30	31	32	33	34	35	36	37	38	39	40	41	42
20%	20	23	25	26	27	27	28	29	30	31	32	33	34	35	37	38	39	41	42	44	46	47
30%	20	23	25	26	27	28	29	30	31	32	33	35	36	38	39	41	43	45	47	49	52	54
40%	20	24	26	27	28	29	30	31	32	34	35	37	39	41	43	46	48	51	54	57	60	63
45%	20	24	26	27	28	29	30	32	33	35	37	39	41	43	46	49	51	54	58	61	64	68
50%	20	24	26	27	28	30	31	33	34	36	38	41	43	46	49	52	55	58	62	65	69	73
55%	21	24	26	28	29	30	32	34	36	38	40	43	46	49	52	55	59	62	66	70	75	79
60%	21	24	27	28	29	31	33	35	37	40	42	45	48	51	55	59	63	67	71	76	81	
65%	21	24	27	28	30	32	34	36	39	41	44	48	51	55	59	63	67	72	77	82		
70%	21	24	27	29	31	33	35	38	40	44	47	50	54	58	63	67	72	77	83			
75%	21	24	28	29	31	34	36	39	42	46	49	53	58	62	67	72	77	83				
80%	21	25	28	30	32	35	38	41	44	48	52	57	61	66	71	77	83					
85%	21	25	28	30	33	36	39	43	47	51	55	60	65	70	76	82						
90%	22	25	28	31	34	37	41	45	49	54	58	64	69	75	81							
95%	22	25	28	32	35	39	43	47	52	57	62	68	74	80								
100%	22	25	28	33	36	40	44	49	54	60	66	72	78									