



Goat Lees Primary School

Heatwave Plan

May 2025

Currently there is no statutory upper limit specified in UK Health and Safety Law for a maximum permissible temperature in the workplace and the DFE will not advise schools to close.

However, this plan will be activated when the temperature becomes extreme in the summer. The school has signed up to UK Heatwave Alerts with the Met Office. This plan will remain dynamic and will be activated as and when necessary by the school's SLT.

Heat Wave Plan

- Hold outdoor activities in areas of shade whenever possible and encourage children to use shady areas during playtime and lunchtime.
- ***Children will be asked to keep sweatshirts at home. The uniform policy will be relaxed during periods of high temperatures and children may be sent into school in their PE t-shirts or a plain, cotton t-shirt. No football shirts please. Parents and carers will be notified of this via the e-bulletin.***
- We encourage parents to apply sunscreen before children come to school. If necessary we will encourage children to bring their own sunscreen if they are able to apply it themselves. We will tell the children that they must only use their own sunscreen - this will be reinforced by parents.
- We ask parents to ensure children bring their water bottles to school.
- We will encourage children to stay hydrated by drinking water frequently. At playtimes children will have access to the water fountains.
- Teachers will introduce more formal water breaks for their classes (as they feel it is required during the school day).
- Strenuous outdoor activity will be limited. Some ball games and activities involving increased action will be banned.
- We ask parents to ensure their child comes to school with a sun hat (non-uniform sun hats are allowed).
- Staff will check the temperature of metal and plastic playground equipment before children play.
- Breaktimes will be adjusted to limit the amount of time children play outside e.g. revised lunchtime and break time arrangements.

Classrooms

Windows should be opened at the start of day as soon as possible to allow stored heat to escape and support ventilation (Site Manager to open windows). Keep electric lights off where possible as this generates heat. Fans can be used but at temperatures above 35 degrees, fans may worsen dehydration.

Beware of signs of heat related medical conditions in children

Children may seem out of character and show signs of discomfort and irritability. These signs can include those listed below for heat exhaustion and will worsen if left untreated leading to heat exhaustion and/or heatstroke.

The signs of heat exhaustion:

- Tiredness
- Dizziness
- Headache
- Nausea
- Vomiting
- Hot, red, and dry skin
- Confusion

Signs of heatstroke:

- High body temperature – a temperature of, or above, 40°C (104°F) is a major sign of heatstroke •
- Red, hot skin and sweating that then suddenly stops
- Fast heartbeat
- Fast shallow breathing
- Confusion/lack of co-ordination
- Fits
- Loss of consciousness

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

- Move the person to a cool room as soon 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.

Sustainability

The school is committed to ensuring that the school site is developed:

- Review shaded areas on the field and play areas and take action if shading needs to be increased.