

Beat The Heat: Heathfield Community College response to official guidance

Generic Guidance: While many people enjoy warmer summer weather, hot weather can cause some people to become unwell through overheating (becoming uncomfortably hot), dehydration, heat exhaustion and heatstroke. Children can be more prone to the effects of overheating and so the College issues general guidance in the event of warm weather warnings as appropriate.

The signs of heat stress are: 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 include:

- a headache
- cramps in the arms, legs and stomach
- dizziness and confusion
- fast breathing or pulse
- loss of appetite and feeling sick
- a high temperature of 38C or above
- excessive sweating and pale, clammy skin
- being very thirsty

If someone is showing signs of heat exhaustion, they need to be cooled down.

General Guidance	Heathfield Community College
Keep out of the sun at the hottest time of the day, between 11am and 3pm	There is shade to be sought at break and lunch time outside at the bottom of the field and access to inside or covered spaces (Canopy, Quad, Dining Hall)
If you are going to do a physical activity, plan to do these during times of the day when it is cooler such as the morning or evening	Physical exertion should be limited at breaktime to sensible levels and reduced at lunchtime to allow for time to take on water and cool down before afternoon lessons. PE adaptations are made within the curriculum and use of spaces as appropriate
Keep your home cool by closing windows and curtains in rooms that face the sun	Blinds exist in classrooms that can be closed, windows opened for draught, a number of rooms have air conditioning. In very warm weather this can be actioned from early in the morning to ensure air circulation is maximised. Where these mitigations are limited the rooms have been audited and air circulation fans can be used judiciously.
If you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen	Shared or covered areas should be used. Suncream applied before school. Adaptions to uniform are made for the summer term. If in danger of overheating or discomfort raise a concern with a member of staff
Drink plenty of fluids and limit your alcohol intake	Bring a refillable water bottle and use time before school, break and lunch to refill.
Check on family, friends and neighbours who may be at risk of becoming unwell, and, ask them to do the same for you	Keep an eye on friends and raise a concern if necessary. Staff to be aware of students with vulnerable health conditions
Know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them	Discuss with a member of staff if you are concerned

In the event of an escalated Heat Warning or Alert the College will use government and NHS guidance to audit provision and take necessary mitigations.