



Hot Weather Policy

High temperatures both indoors and outdoors may harm children's health. Children cannot control their body temperatures as efficiently as adults during hot weather because they do not sweat as much so can be at risk of ill health from heat. **Cricklade Preschool will ensure sensible precautions are taken to avoid children being adversely affected by hot conditions, however, all staff should look out for signs of heat stress, heat exhaustion and heatstroke.**

Protecting Children Outdoors

During periods of high temperature the following steps should be taken:

- Children should not take part in vigorous physical activity on very hot days such as when temperatures are in excess of 30 degrees Celsius.
- Encourage children playing outdoors to stay in the shade as much as possible.
- Children should wear loose, light coloured clothing to help keep cool and sunhats with brims to avoid sunburn.
- Use sunscreen to protect skin if children are playing outdoors. This is applied at the beginning of the day by parents and topped up by staff at lunchtime.
- Provide children with plenty of water and encourage them to drink more than usual when conditions are hot.

Protecting Children Indoors

- **Turn on air conditioning as soon as possible in the morning before children arrive.**
- Keep the use of electric lighting to a minimum.
- Switch off all electrical equipment as they generate heat.
- Mechanical fans can be used to increase air movement.
- Encourage children to eat normally and drink plenty of cool water.

Further Information (health risks from heat):

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- excessive sweating and pale, clammy skin
- confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion or lack of co-ordination
- fits
- loss of consciousness

Actions to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

1. Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
2. Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – 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.
3. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.

If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.

Related guidance

[Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals)

[Adverse Weather and Health Plan 2023](#)