



# CREDENCE HIGH SCHOOL

## HOT WEATHER POLICY



STAY HYDRATED AND KEEP SAFE



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<b>FUNCTION</b>	To reduce the risks of hot weather
<b>STATUS</b>	Implemented
<b>REVIEW SCHEDULE</b>	Annual
<b>REVIEWED BY</b>	<ul style="list-style-type: none"><li>• School Administrator Mr. Shaheen Aboobacker</li><li>• Head of Physical Education Mr. Vijesh</li></ul>
<b>LAST REVIEWED ON</b>	March 2025

## OUR VISION

To be an institution that nurtures free and happy minds thereby empowering students to excel and contribute to society in the field of their choice.

## OUR MISSION

Tailor an inclusive and supportive campus that offers a sense of belonging, happiness, physical safety and intellectual freedom to all of our students.

Harvest the innate talent of each child to build a school community of individual achievement and collective excellence.

Instill an acute sense of values and ethics in each of our students so they may be always known for their personal integrity and probity.

Nurture an international cross-section of students so they may learn to live in a globalized world and contribute in building a united, tolerant, caring society.

Kindle and keep alive the spark of curiosity in our students through the provision of ICT facilities and resources that support research – oriented, independent and enquiry-based learning.

## INTRODUCTION:

Credence High School is committed to providing holistic and quality education to its student population. The academic staff at our school are passionate about their profession, innovative in their pedagogy and well informed in the areas of their expertise. They are our assets. We work together, we grow together, and we achieve our goals together.

As a member of the CHS team, you are expected to keep the following golden rules always in your mind.

UAE is a country of great opportunities, advancement and challenges. Islam is the religion of the country and Arabic the official language. While in the UAE, you must not indulge by word or action in any mode of communication that undermines the glory of the host country and its religion.

As an academic staff of our group, we value your judgment to join our team. You will be looked up to with great expectations by all the stakeholders – students, parents, staff, officials, management and the society. Hence, remember to honor the school Vision and Mission:

## **PURPOSE**

This policy intends to reduce the risk of illness, injury or fatality to staff, students, volunteers and contractors under direct school supervision from heat related disorders.

## **RESPONSIBILITY**

- 1. HSE Officer / School Administrator**
- 2. HOD Physical Education**

- The above is responsible for ensuring that the policy is available, reviewed at regular intervals and communicated to all relevant stakeholders.
- The Heat Index is to be reviewed and the lessons to be planned as per the recommendations of this policy.
- To plan and coordinate outdoor activity to minimize moderate to high intensity sports to cooler months. To facilitate training on how to use the 'hot weather guidelines and to assist teachers, if required, in using them. To ensure that non-PE teachers who take physical active enrichments outside are using the guidelines to support safe decision-making.

## POLICY STATEMENT

- The Hot Weather policy will assist staff in making decisions about what is appropriate and safe for students when conducting outdoor activities or while taking part in any recreational time involving outdoor play throughout the year.
- Temperature, humidity, air velocity and radiant heat are the four environmental factors that affect experiences in a hot environment. All of these factors need to be evaluated in order to minimize their impact on staff and students. Personal characteristics such as age, weight, and physical fitness also need to be considered, to determine those people and areas at high risk.

## HEAT INDEX

- The heat index (HI) is an index that combines air temperature and relative humidity in an attempt in determining the equivalent human-perceived temperature.
- Higher the heat index hotter the weather feels, since sweat readily does not evaporate and cools the skin. The heat index is a better measure than the air temperature alone for estimating the risk of workers from environmental heat sources. (Annex A)
- To check the Heat Index on a daily basis (<https://www.ncm.ae/maps-weather-forecast?lang=en>), from NCM (National Center of Meteorology, UAE).

## DEFINITIONS

1. **Heat Exhaustion**: Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating.
2. **Heat Stroke**: Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive

emergency treatment.

3. **Heat Syncope:** Heat syncope is a fainting (syncope) episode or dizziness that usually occurs when standing for too long or suddenly standing up after sitting or lying
4. **Heat Cramps:** Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles cause painful cramps. Heat cramps may also be a symptom of heat exhaustion.
5. **Heat Rash:** Heat rash is skin irritation caused by excessive sweating during hot, humid weather.

#### AWARENESS ON SELF-ASSESSMENT OF HEAT STRESS ILLNESS:

Heat Illness	Symptoms
Heat stroke	Red, hot, dry skin or excessive sweating Very high body temperature Confusion Fainting
Heat Exhaustion	Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness Light headedness Weakness Thirst Irritability Fast heart beat
Heat Cramp	Muscle spasms Pain Usually in abdomen, arms or legs
Heat Rash	Clusters of red bumps on skin Often appears on neck, Upper chest, folds of skin

## REFERENCES

1. DHA
2. Dubai Municipality
3. NCM, UAE

## PROTOCOL

Depending on the Heat Index reading, the following steps to be followed:

### **Heat Index between 35°C and 40°C -**

Students who do not have a hat and water bottle will forfeit participating in physical activity outdoors and will be provided with alternative work.

Teachers use discretion in modifying activities so that students participate in moderate-lower intensity activities. Regular water breaks will be offered.

### **Heat Index between 40°C and 45°C -**

Lower intensity activities are to be included only for outdoors and for a short period. 5-minute water breaks should be taken between activities.

### **Heat Index above 45°C**

If the temperature and humidity move into ‘serious danger’ and ‘death danger’ according to the heat index, any physical activity should be moved into an indoor space with air conditioning.

## Heat and discomfort index

		Relative Humidity																	
		25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%		
		42°	48	50	52	55	57	59	62	64	66	68	71	73	75	77	80	82	
		41°	46	48	51	53	55	57	59	61	64	66	68	70	72	74	76	79	
		40°	45	47	49	51	53	55	57	59	61	63	65	67	69	71	73	75	
		39°	43	45	47	49	51	53	55	57	59	61	63	65	66	68	70	72	
		38°	42	44	45	47	49	51	53	55	56	59	60	62	64	66	67	69	
		37°	40	42	44	45	47	49	51	52	54	56	58	59	61	63	65	66	
		36°	39	40	42	44	45	47	49	50	52	54	55	57	59	60	62	63	
		35°	37	39	40	42	44	45	47	48	50	51	53	54	56	58	59	61	
		34°	36	37	39	40	42	43	45	46	48	49	51	52	54	55	57	58	
		33°	34	36	37	39	40	41	43	44	46	47	48	50	51	53	54	55	
		32°	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	53	
		31°	32	33	34	35	36	37	39	40	41	42	43	44	45	47	48	49	50
		30°	30	32	33	34	35	36	37	39	40	41	42	43	45	46	47	48	
		29°	29	30	31	32	33	35	36	37	38	39	40	41	42	43	45	46	
		28°	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	
		27°	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	
		26°	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39		
		25°	25	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
		24°	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	
		23°	23	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33	
		22°	22	22	22	23	24	25	25	26	27	27	28	28	29	30	30	31	

### Legend:

Up to 29°C	No discomfort
From 30 to 34°C	Slight discomfort sensation
From 35 to 39°C	Strong discomfort. Caution: limit the heaviest physical activities
From 40 to 45°C	Strong indisposition sensation. Danger: Avoid efforts
From 46 to 53°C	Serious danger: stop all physical activities
Over 54°C	Death danger: imminent heat stroke

URINE CHART: Monitor Your Hydration Levels: A good indicator of dehydration is if your urine is unusually dark in color.

