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## **HOT WEATHER POLICY**

### **1.0 Objectives**

The objective of this document is to describe the precautionary measures to be taken up during Hot Weather.

### **2.0 Scope**

This process applies to all students, staff, and visitors on the premises of Global Indian International School Dubai.

### **3.0 Policies**

The purpose of this policy is to ensure the safety and well-being of students, staff, and visitors during periods of extreme heat. Given the high temperatures common in the UAE, it is essential to take proactive measures to prevent heat-related illnesses.

#### **1. Monitoring Weather Conditions**

- The school administration will monitor daily weather forecasts, heat indices, and advisories from the National Center of Meteorology (NCM) or other reliable sources.
- Alerts will be issued based on the Heat Index (HI), which combines air temperature and relative humidity to estimate the apparent temperature felt by the human body.

#### **2. Heat Index Ranges and Actions**

- Heat Index 27°C - 32°C (80°F - 90°F)
  - Actions:
    - Encourage hydration breaks every 30 minutes.
    - Limit outdoor activities to a maximum of 30 minutes.
    - Ensure shaded areas are available for outdoor activities.
- Heat Index 32°C - 39°C (90°F - 102°F)
  - Actions:
    - Mandatory hydration breaks every 20 minutes.
    - Limit outdoor activities to a maximum of 20 minutes.
    - Use of hats, sunglasses, and sunscreen (SPF 30 or higher) is mandatory for outdoor activities.
- Heat Index 39°C - 46°C (102°F - 115°F)
  - Actions:
    - Mandatory hydration breaks every 15 minutes.
    - Outdoor activities should be limited to 15 minutes.
    - PE classes and sports events to be held indoors.
    - Extra monitoring of students with medical conditions.
- Heat Index Above 46°C (115°F)
  - Actions:
    - Suspend all outdoor activities, including PE classes and sports events.
    - All breaks to be taken indoors.
    - Continuous hydration and cooling measures in place.
    - Immediate attention and treatment for any signs of heat-related illnesses.

### **3. Hydration**

- Students and staff are encouraged to drink plenty of water throughout the day.
- Water dispensers will be readily available in classrooms, hallways, and common areas.
- Regular water breaks will be scheduled, especially during outdoor activities and PE classes.

### **4. Clothing and Sun Protection**

- Students and staff are advised to wear lightweight, light-colored, and loose-fitting clothing to stay cool.
- Hats, sunglasses, and sunscreen (SPF 30 or higher) are recommended for outdoor activities.
- The school will provide shaded areas in playgrounds and other outdoor spaces.

### **5. Classroom Environment**

- All classrooms and indoor areas will be equipped with air conditioning to maintain a comfortable temperature.
- Blinds or curtains should be used to block direct sunlight from entering classrooms.

### **6. Health and Safety Measures**

- Staff will be trained to recognize symptoms of heat-related illnesses, such as heat exhaustion and heatstroke.
- First aid kits will be equipped with supplies to treat heat-related conditions.
- An emergency response plan will be in place to address any incidents of heat-related illnesses promptly.

### **7. Communication**

- Parents and guardians will be informed about the Hot Weather Policy and the measures taken to ensure their children's safety.
- Regular updates will be provided during periods of extreme heat through emails, SMS, and the school's communication platforms.

### **8. Special Considerations**

- Extra precautions will be taken for students with medical conditions that may be exacerbated by heat, in consultation with the school nurse and the student's parents or guardians.
- Field trips and off-campus activities will be rescheduled or relocated to cooler environments when necessary.

## **Review and Implementation**

- This policy will be reviewed annually at the beginning of the academic year and revised as needed based on feedback and changes in weather patterns.
- The school administration, in collaboration with the health and safety committee, will ensure the effective implementation and adherence to this policy.

By following this Hot Weather Policy, Global Indian International School Dubai aims to create a safe and comfortable learning environment for all students and staff during periods of extreme heat.

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