

HOT WEATHER POLICY

Policy Title:	Hot Weather Policy
Effective Date:	15 December 2020
Scheduled Review Date:	15 December 2022
Version number:	Version 2.0
Approved By:	VP HSE

1. Purpose

- 1.1. 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.

2. Scope

- 2.1. This policy applies to all GEMS MENASA schools and is applicable to, School Staff, Students & Contractors.

3. Policy Statement

- 3.1. The Hot Weather policy will assist staff in making decisions about what is appropriate and safe for students when conducting outdoor activities or partaking in any recreational time involving outdoor play throughout the year.
- 3.2. Four environmental factors affect experiences in a hot environment: temperature, humidity, air velocity and radiant heat. Examples of radiant heat include direct heat from the sun. Job-related factors that affect heat stress include work rate and physical effort required, type of clothing and protective equipment used, and duration of activity. All of these factors need to be evaluated in order to minimize their impact on staff

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and students. Personal characteristics such as age, weight, physical fitness, and acclimatization to the heat also need to be factored in, to determine those people and areas at high risk.

4. Responsibilities

HSE Department

- 4.1. The HSE Department is responsible for ensuring that the policy is available, reviewed at regular intervals and communicated to all relevant stakeholders.
- 4.2. The HSE Department is responsible for providing advice, training and guidance to comply with requirements of this policy, this advice may be given directly or through the appointment of competent persons.
- 4.3. The HSE Department is responsible for compliance audit with regard to this policy.

Principal

- 4.4. Ensure this policy is communicated to all staff.
- 4.5. Ensure staff is in compliance of requirements mentioned in this policy.
- 4.6. Ensure communication and advice from the school clinic are adhered to.

Class Teacher

- 4.7. Review the Heat Index for the whole week sent by the MSO or Doctor and plan lessons in line with the Heat Index recommendations of this policy.

PE Coordinator

- 4.8. 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

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take physical active enrichments outside are using the guidelines to support safe decision-making.

School Doctors

- 4.9. Checks the Heat Index on a daily basis (<https://www.wunderground.com/ae/dubai>) from May – September and communicates the Heat Index to all staff via email.
- 4.10. To notify the senior leadership team and the PE teachers of any changes or modifications to GEMS policy or best practice guidelines.

5. Definitions

- 5.1. **Fainting:** loss of consciousness due to insufficient blood flow to the brain; frequently caused by some emotional or sensory stimulus.
- 5.2. **Heat cramps:** painful muscle spasms, usually of the leg muscles, that occur after vigorous exercise; can also occur in the arms and stomach. No long-term problems should arise from heat cramps.
- 5.3. **Heat exhaustion:** mild hypovolemic shock arising when the body loses water and electrolytes from excessive sweating after exposure to heat.
- 5.4. **Heat stroke:** breakdown of the body's cooling mechanisms causing core body temperature to exceed 41C; a life-threatening emergency causing unconsciousness and death if not promptly treated in hospital.
- 5.5. **Heat Index:** The Heat Index, sometimes referred to as the apparent temperature, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.
- 5.6. **Relative humidity:** the moisture content of air expressed as a percentage of the maximum it can hold at a given temperature, (%)

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RH). Optimum relative humidity for comfort is between 30% and 60%.

6. References

- 6.1. Safety in the heat - HAAD (Health Authority Abu Dhabi)
- 6.2. Facility Guidelines - DHA Dubai Health Authority
- 6.3. American Society of Heating, Refrigerating and Air Conditioning Engineers Manual

7. Procedure

7.1. Depending on the Heat Index reading, below steps to be followed

a. Heat Index between 35°C and 40°C

Outdoor Physical Activity: Students who do not have a hat and water bottle will forfeit participating in physical activity and will be provided with alternative work. Teachers to use discretion in modifying activities so that students participate in moderate-lower intensity activities. Regular water breaks will be offered.

Breaks & Lunchtime: Students are advised to stay under shade during breaks and lunchtimes. Discretion advised.

b. Heat Index between 40°C and 45°C

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

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Breaks & Lunchtime: Students should remain within shaded areas during breaks and lunchtime or indoors preferably.

c. Heat Index above 45°C

If the temperature and humidity moves into 'serious danger' and 'death danger' according to the heat index, any physical activity, Lunch & Break times should be moved into an indoor space with air conditioning.

d. Heat and discomfort index

Additional guidance should be sought with reference to figure 1. Activities should be modified to reflect student and teacher discomfort.

EuroWEATHER - Heat and discomfort index

HEAT AND DISCOMFORT INDEX

HUMIDEX INDEX OF APPARENT TEMPERATURE (degree C)

	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	58	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	37	38	39	40	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	34	35	36	37	38	39
25°	25	25	26	27	27	28	29	30	31	32	33	34	34	35	36	37
24°	24	24	24	25	26	27	28	28	29	30	31	32	33	33	34	35
23°	23	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33
22°	22	22	22	22	23	24	25	25	26	27	27	28	29	30	30	31

- 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 heatstroke

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