Ashbridge
INDEPENDENT SCHOOL & NURSERIES

SUN SAFETY AND EXTREME HEAT POLICY

Approved by: SLT

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Scope: Ashbridge Independent School and Nursery, Ashbridge-on-Ribble Nursery, Ashbridge Nursery at Maxy Farm, The Fledglings Nursery

Introduction

Outdoor learning and play are key elements of the Ashbridge curriculum for children of all ages. In the summer months this means that children will be exposed to the sun. In some cases, extreme heat may be experienced at our settings. We work together with families to ensure children are safe whilst at school and nursery.

Sun Protection – below 30 degrees Celsius

- Most play spaces have shaded areas for play and use of these should be encouraged when children appear to be getting too hot.
- Fresh water should be available to all children at all times.
- Factor 50 suncream is provided for all children in nursery and is applied regularly throughout the day, providing signed parental consent has been given.
- Suncream must be applied if the UV rating is 'High' or 'Very High' and managers should provide guidance to staff around this. Suncream may also be required when the UV factor is 'Medium' and management teams should make an informed judgement that is shared with their teams on a daily basis.
- Parents/carers may choose to bring their own suncream should they not wish to use the nursery-provided cream.
- Parents of school children are requested to apply suncream to their child before school can send suncream into school with their child should they wish.
- Factor 50 suncream is applied during the day to school children on a case by case basis, providing signed parental consent has been given.
- Factor 50 sunscreen will be available on all outdoor trips.
- Staff are actively encouraged to wear suncream and can use the company provided suncream if they wish.
- Avoid using bulky blankets or sleeping bags for outdoor sleeping.
- School caps are to be worn by all school aged children as part of the uniform policy when the weather is hot and children of nursery age and those attending Holiday Care, are required to wear sun hats provided by parents.
- Should children in school not have a cap, they are required to play in shaded areas only.
- Uniformed nursery staff are provided with loose fitting, light-coloured summer trousers and a light-coloured t-shirt. They are also encouraged to wear a hat.

Sun and Heat Protection – over 30 degrees Celsius

In addition to the procedures above, for temperatures over 30 degrees Celsius, the following should also be in place:

- PE and Sporting activities should not take place.
- Outdoor playtimes may be reduced or moved to completely shaded areas.
- Avoid outdoor sleeping unless the sleeping area is cooler than the general temperature. Do not use sleeping bags or blankets.
- Windows should be fully opened in the mornings and should be pulled to being almost closed once the outdoor air becomes warmer than the outdoor temperature.
- Sun awnings or sheets should be placed on outdoor canopies in direct sun at the nursery settings.
- Keep the use of electrical lighting to a minimum.
- Fully turn off any electrical devices that are not in use.
- Provide sugar-free ice pops to children to help cool – priority to go to the youngest children who cannot rehydrate as easily as older children.
- Below 35 degrees Celsius oscillating fans can be used but above this temperature they can worsen dehydration so should not be used.
- Children in school may remove ties and wear PE kits as directed by the Headteacher.

- Children in nursery should wear as few clothes as possible indoors and wear light-coloured, loose clothing outdoors that covers their shoulders, feet and neck where possible.
- School staff may be permitted to remove ties or wear PE kit at the discretion of the Headteacher.

Heat-Related Illnesses

All staff members must be vigilant to heat-related illnesses during hot temperatures.

Heat stress

Symptoms:

- Irritability
- Discomfort
- Appear to be out of character
- Tiredness

Treatment:

- Move child to a cool room as soon as possible
- Offer cool water to drink
- Take layers of clothes off
- Cool the child using wet towels, cool packs, sponging with cool water
- Cooling fan
- For younger children, check how many wet nappies they have had in the day
- Contact parents if symptoms are not alleviated within 30 minutes

Heat exhaustion

Symptoms:

- Tiredness
- Dizziness
- Headache
- Nausea
- Vomiting
- Excessive sweating and pale, clammy skin
- Confusion
- Weakness or muscle cramps

Treatment:

- Move child to a cool room as possible
- Offer cool water to drink
- Take layers of clothes off
- Cool the child using wet towels, cool packs, sponging with cool water
- Cooling fan
- For younger children, check how many wet nappies they have had in the day
- Dial 999 and request an ambulance if symptoms significantly worsen or do not alleviate withing 30 minutes

Heatstroke

Heat stroke is extremely serious and occurs when the body stops regulating body temperature.

Symptoms:

- Body temperature of over 40 degrees Celsius
- Red, hot skin and sweating that suddenly stops
- Fast heartbeat
- Shallow breathing
- Confusion or lack of coordination
- Fits
- Loss of consciousness

Treatment:

- Dial 999 and request an ambulance immediately, followed by contacting parents.
- Place child in recovery position and dial 999 immediately should a child lose consciousness or have a fit.
- Cool the child using wet towels, cool packs, sponging with cool water
- Place the child in a cool room but avoid using fans.
- Only give fluids if the child is completely alert.

Site Security in the Heat

- Ensure doors are not left open that can give an open route from child areas to the outside.
- Ensure coded doors always remain closed as these are a security measure.
- Remain vigilant to your usual safety and supervision procedures; it can be easy to lose focus if you and the children are feeling hot.