



Bramley C of E Infant and Nursery School

Extreme Heat Plan

This heatwave plan will be implemented following a heatwave alert by the Met Office, Surrey County Council or the Department for Education.

Our aim in this plan is to **prepare, alert and prevent** children and staff at Bramley C of E Infant and Nursery School of the health impact of severe heat.

This plan has been written using the advice given by Surrey County Council and government guidance.

https://assets.publishing.service.gov.uk/media/5a7c83bde5274a559005a655/dh_127235.pdf

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

There is **no** law for maximum working temperature or when it is too hot to work. We have not been advised to close the school or change timings at present. However, due to the extreme heat we will be ensuring that we put in extra measures at school and give parental advice based on Surrey County Council and the UK Health Security Agency's (UKSA) published guidance.

Heatwave alert levels:

Level 1	Summer preparedness and long term planning
Level 2	Heatwave is forecast – Alert and readiness 60% or greater risk of heatwave in the next 2 to 3 days. Media alerts
Level 3	Heatwave action Temperature reached in one or more Met Office National Severe Weather Warning Service regions and media alerts.
Level 4	Emergency Central Government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health. Media alert. Review safety of public events. High-risks groups identified.

	Recommended controls and Protective Measures for Children, Parents/Carers and staff
Prepare Clothing	<ul style="list-style-type: none"> • Children to wear light summer uniform (shoulders must be covered). • The children can wear the school uniform or PE kit. • Children must come to school wearing a hat (sun hats to be available if needed). • Children will be asked to stay in the shade if they do not have a hat and no spare hats are available.
Prepare Hydration	<ul style="list-style-type: none"> • Children to bring a filled water bottle each day. • Staff and children must ensure they drink regularly and take precautions against the effects of high temperatures and over-exposure to the sun. • Water to be readily available to fill up empty bottles. • Children will be encouraged by the school staff to drink at regular intervals.
Prepare Sun protection	<ul style="list-style-type: none"> • Sunscreen must be applied to all exposed areas of skin, which is not protected by clothing to protect children from Ultraviolet Radiation. A minimum of SPF 15 and a 4 or 5 star rating is recommended (Cancer Research UK) • Sunscreen is to be applied prior to coming to school therefore we ask you to use a long-lasting sunscreen. • Sunglasses may be worn on days of extreme weather only. These must have CE or British Standard Marks, which carry a UV 400 label and offer 100% UV protection. They should fit your child's face well and relatively snugly so that light does not enter their eye from around the lens. The children will be responsible for wearing and storing of these sunglasses. • Family members are to stand in the shade with their children whilst waiting at drop off and pick up times.
Prepare To understand the signs of heat exhaustion	<p>Symptoms of heat exhaustion vary but include one or more of the following:</p> <ul style="list-style-type: none"> • Tiredness • Dizziness • Headache • Nausea • Vomiting • Excessive sweating and pale, clammy skin <p>Call NHS 111 for further advice</p>
Prepare To understand the signs of heatstroke	<p>Symptoms of heatstroke may include:</p> <ul style="list-style-type: none"> • High body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke • Red, hot skin that can be sweaty or dry • Fast heartbeat • Fast shallow breathing • Confusion/lack of co-ordination • Seizures (fits) • Loss of consciousness • Further information regarding looking after children in a heatwave

	Call 999 and then cool the child down whilst waiting for medical assistance
Protection To reduce body temperature	<p>The following steps to reduce body temperature should be taken immediately:</p> <ol style="list-style-type: none"> 1. Move the child to the coolest room possible and encourage them to drink cool water e.g. 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 does not respond to the above treatment within 30 minutes.
Protection Children outdoors	<ul style="list-style-type: none"> • Children playing outdoors will be encouraged to stay in the shade as much as possible especially between the hours of 11am and 3pm (UV peak times). • Additional shade e.g. covers or gazebos may be used if natural shade is insufficient. • Staff will ensure children wear hats prior to going out to play. If they do not have one, they must borrow a spare or remain in the shade during playtime. • Children will be encouraged not to take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C. • Staff will ensure children have access to their water bottle and encourage drinking at regular intervals. • Playtimes may be adjusted so children have shorter breaks at different times of the day.
Protection Children indoors	<ul style="list-style-type: none"> • Staff will open windows and doors early in the morning to release trapped heat. • Where possible, windows should be closed during the hottest part of the day if it is warmer outside. • Blinds/curtains should be closed, but not in a way that blocks ventilation. • Keep the use of electric lighting to a minimum. • Switch off all electrical equipment, including computers when not in use. They should not be left in 'standby mode' as this will generate heat. • Oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C. At temperatures above 35°C, fans may not prevent heat-related illness and may worsen dehydration. • PE/sports clubs will be carried out in the Hall and for shorter periods of time or in the shaded areas of the playground. The children will not be encouraged to take part in vigorous physical activity. • Children should be encouraged to eat normally and drink plenty of water.
Alert School closure	<ul style="list-style-type: none"> • The school will remain open unless instructed otherwise by the government, at which point emergency and remote learning contingency plans will be implemented.
Alert Informing parents	<ul style="list-style-type: none"> • The Head of School will email parents and staff to implement this heatwave plan when notified by the Met Office, Surrey County Council, The Good Shepherd Trust or DfE of a heatwave alert Level 3 and above
Alert	<ul style="list-style-type: none"> • Staff must be alert to vulnerable children and monitor them closely.

Vulnerable children	<ul style="list-style-type: none"> • Additional preventative measures will be implemented in consultation with the Head of School, parents/carers, and, where necessary, the school nurse or the child's GP.
Alert Vulnerable members of staff	<ul style="list-style-type: none"> • The Head of School will consult with staff members, taking into account advice from their GP or consultant. • Guidance on hydration and protection (indoors and outdoors) will be provided. • Duties may be adjusted to reduce time spent in the playground.
Prevention Education	<ul style="list-style-type: none"> • RSHE/PSHE curriculum will include how to keep safe in the sun (see curriculum overview). • Children will be taught about changes the effects of extreme heat. • Assemblies will address sun and summer safety. • Send links and advice to parents/carers on sun safety. Extra advice on the school's website whenever available.

Further information on sun safety:

Check the weather forecast and any high temperature warnings:

www.metoffice.gov.uk

For further information about how to protect your health during a heatwave, visit NHS Choices at: www.nhs.uk/summerhealth

Advice on ways to minimize ultraviolet ray induced skin and eye damage can be found at

Cancer Research UK Sun Smart policy <http://www.sunsmart.org.uk/schools/schools-and-sun-protection>

<https://www.gov.uk/government/publications/heatwave-plan-for-england>

<https://www.gov.uk/government/publications/ultraviolet-radiation-uvr-clothing-protection/ultraviolet-radiation-uvr-clothing-protection>

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Head of School

Reviewed 19.6.2026