



Heat Related Risks Policy and Guidelines.

Policy Statement

At HHIS we recognise the importance of outdoor activities and prioritise the health and safety of everyone while outdoors. High temperatures can present dangerous situations so we have developed guidelines to ensure students and staff are safe when active outside. Additionally, HHIS follows the latest recommendations provided by the Thai government.

Communication

The school office staff will monitor the Heat Index and inform all staff thought the day. Monitoring and communication times will be 8.10, 9.30 and 11.30. The Heat Index will also be checked at 2.00. PE staff will advise ECA providers as necessary.

Procedures

The relative heat index is used to determine when the environment for outdoor activities poses an increased risk for heat related emergencies. This is also known as "real feel" or "feels like" temperatures. The index takes into account both temperature and humidity to determine the 'relative' temperature.

See chart on next page

| Heat Index | Level | Health Effects and School Action | | | |
|--------------------------------------|--------------------------------------|---|--------------------------------------|--------------------------------------|---|
| Level 1 27-32.9°C. | Precaution | <p>Long exposure to this level of heat can lead to fatigue, headache, heat rash, swelling, body aches, and cramps.</p> <ul style="list-style-type: none"> Provide water breaks as required. Students should be reminded to bring a water bottle from home Find shady areas in which to play Hats should be worn outdoors to protect against the sun/heat Sports coaching and PE lessons continue as normal with rest periods. | | | |
| Level 2 33-41.9°C | Caution | <p>Exposure to heat can lead to exhaustion and cramps that can result in heatstroke.</p> <ul style="list-style-type: none"> Students should be reminded to bring a water bottle from home Frequent water breaks are required Take frequent rest breaks during activities Find shady areas in which to play EY should monitor outdoor activities and students' exposure should be limited to 20 minutes Decrease exertion and provide less active alternatives Modify training and games to allow hydration and rest | | | |
| Level 3 42-51.9°C | Danger | <p>Long exposure to heat while doing outdoor activities can cause cramps and exhaustion while raising the risk of heatstroke.</p> <p><u>Activities may need to be relocated</u></p> <ul style="list-style-type: none"> Constant water breaks required All outdoor activities for students should be in <u>shaded areas</u> with maximum exposure of 20 minutes (EY will remain indoors) Reduce strenuous activities (eg. continuous running of any high-intensity exercise) Students with signs and symptoms of heat related illnesses should be sent to the school nurse immediately Sport coaching, ECAs and tournaments may need to be modified <p>Lunchtimes:</p> <ul style="list-style-type: none"> Inside lunchtimes, supervised by staff on duty Students may use outside shaded areas for the final 20 minutes of lunchtime. <table border="1"> <tr> <td>KS1 12:25-12:45 pm - Y1 Garden</td><td>KS2 12:40-1 pm Main Playground</td><td>KS3 1:25-1:45 Basketball Court Bleachers</td></tr> </table> | KS1 12:25-12:45 pm - Y1 Garden | KS2 12:40-1 pm Main Playground | KS3 1:25-1:45 Basketball Court Bleachers |
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| Level 4 >= 52°C | Extreme Danger | <p>Long exposure to heat of this level leads to a very high risk of heatstroke.</p> <ul style="list-style-type: none"> All outdoor activities are cancelled. | | | |

Reference: <http://www.rnd.tmd.go.th/heatindexanalysis/>