



Hot Weather Policy

High temperatures both indoors and outdoors may harm children's health. Children cannot control their body temperatures as efficiently as adults during hot weather because they do not sweat as much so can be at risk of ill health from heat.

Protecting Children Outdoors

During periods of high temperature the following steps should be taken:

- Children should not take part in vigorous physical activity on very hot days such as when temperatures are in excess of 30 degrees Celsius.
- Encourage children playing outdoors to stay in the shade as much as possible.
- Children should wear loose, light coloured clothing to help keep cool and sunhats with brims to avoid sunburn.
- All parents are required to apply sun cream to their child/children before their session begins to protect their skin when playing outdoors. If parents have not done this then staff will apply sun cream. This will also be topped up by staff at lunchtime.
- Provide children with plenty of water and encourage them to drink more than usual when conditions are hot.

Protecting Children Indoors

- Open windows and doors as early as possible in the morning before children arrive to allow stored heat to escape from the building.
- Keep the use of electric lighting to a minimum.
- Switch off all electrical equipment as they generate heat.
- Mechanical fans can be used to increase air movement.
- Encourage children to eat normally and drink plenty of cool water.

Related guidance

Public Health England 2015 – Heat wave Plan for England