

## Extreme Weather Policy

July 2022

### Heat

When children are exposed to heat whilst taking part in physical activity outdoors, there are certain requirements which should be managed by staff to ensure the safety of the children.

Use the table below as a guide for giving breaks during certain temperatures.

Sessions lasting up to 1 hour	
Temperature (Celsius)	Breaks (water and shade)
25 - 26	2 x 5 minute breaks
27 - 28	3 x 5 minute breaks
29 - 30	4 x 5 minute breaks
31+	NO ACTIVITY OUTSIDE

Children should be encouraged to wear a hat and also apply sun cream when temperatures reach 25 degrees.

Water bottles need to be taken outside and left in a shaded area before refilled during the breaks.

### Camp Venues

Sessions last up to 45 minutes	
Temperature (Celsius)	Breaks (water and shade)
25 - 26	2 x 4 minute breaks
27 - 28	3 x 4 minute breaks
29 - 30	4 x 4 minute breaks
31+	Activity can commence outside but children <b>MUST</b> have hats, sun cream and water bottles otherwise they must stay inside. 15 minutes outside and 10 minutes break – schedule indoor activities in the day

When temperatures exceed 25 degrees, children should arrive with hats and also have sun cream applied before the day begins.

Coaches will have sun cream to apply throughout the day should a child require more. Water bottles need to be filled and refilled during breaks.