



Farnborough Road Infant School

Policy on Hot Weather

“Learning, Caring and Achieving Together”

Aim

The aim of any procedure is to provide, as far as is reasonably practicable, safe access and working conditions for staff, pupils/students, members of the public and vehicles (including emergency vehicles). Procedures may involve increasing /utilising air flow/shade during summer months. All reasonable efforts will be made to ensure that Farnborough Road Infant School remains open as normal.

The Metrological Office has a warning system that issues alerts if adverse weather.

Government advice on extreme heat: [Hot Weather Advice](#)

Do schools close in hot weather?

Schools are not normally advised to close during hot weather. This is because hot weather can usually be managed safely. School leaders will make sure they take any steps necessary to make sure children are safe and comfortable.

What are the rules for uniform in hot weather?

Sunhats with wide brims should be brought into school. When outdoors, children are encouraged to stay in the shade as much as possible.

Sunscreen with high sun protection factors should be used to protect skin which should be applied before school and children can reapply themselves during the day. Teachers should also encourage children to take off their jumpers/cardigans.

What activities are appropriate in hot weather?

The Department of Health and Social Care (DHSC) recommends children should not take part in vigorous physical activity on very hot days. Lessons are adapted for hot weather when sedentary activities are more appropriate or in extreme heat physical activity will not take place including PE lessons. This is because children cannot regulate their body temperature easily like adults.

What other adjustments can schools make in hot weather?

All classroom doors and windows will be opened classroom doors at appropriate times to encourage cross ventilation. Windows will be opened as early as possible in the morning before children arrive. Windows will be closed when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation. Indoor blinds or curtains will be closed where possible but should not block ventilation. Electric lighting will be kept to a minimum and equipment will not be left in ‘standby mode’, as this generates heat. School will provide and encourage children to drink more water than usual in hot weather.

What are the signs of heat related medical conditions in children?

Sensible precautions will be taken to prevent children being affected by hot conditions but all staff will still look out for signs of heat stress, heat exhaustion and heatstroke.

Symptoms of heat stress:

- Children may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion).
- These signs will worsen with physical activity.
- For children and young people who use nappies, dark urine or dry nappies may indicate
- dehydration and the need for more fluids.

Symptoms of heat exhaustion may include:

- tiredness
- dizziness
- headache

- nausea
- vomiting
- excessive sweating and pale, clammy skin

To cool a child suffering from heat exhaustion:

- move the child to a cool area and encourage them to drink cool water
- cool the child as rapidly as possible, for example, by sponging or spraying the child with cool water
- and placing cold packs around the neck and armpits, or wrapping the child in a cool, wet sheet and
- assist cooling with a fan

If you are concerned about symptoms, or they are worsening, seek medical advice by contacting NHS 111.

Heat exhaustion can lead to heatstroke and is a medical emergency.

Symptoms of heatstroke may include:

- confusion or lack of co-ordination
- seizures (fits)
- loss of consciousness
- high body temperature – a temperature of or above 40°C (104°F)
- red, hot skin that can be sweaty or dry
- fast heartbeat
- fast shallow breathing
- diarrhoea

September 2025

Signed _____ **Date** _____ **Headteacher.**

Signed _____ **Date** _____ **Chair of Governors.**