

## **HOT WEATHER POLICY 2026- 2027**

### **Our Vision**

Empowering students with values and skills to excel in a dynamic world.

### **Our Mission**

To deliver high-quality, forward-thinking education that equips every student with the knowledge, skills, attitudes and global competencies to excel.

To create a nurturing, inclusive environment where all learners are enabled to contribute meaningfully to their communities and beyond.

To inspire a passion for discovery, nurture innovative mindsets.

To develop individuals to embrace every learning experience, build emotional and mental fortitude and a growth mindset to navigate challenges confidently.

### **References:**

- Safety in the heat – HAAD (Health Authority Abu Dhabi)
- Facility Guidelines – DHA Dubai Health Authority

### **Purpose:**

At Sabari Indian School, we are committed to the safety and well-being of our students, staff, and community. Dubai experiences extreme heat during certain months, which can pose health and safety risks. This Hot Weather Policy aims to ensure that appropriate measures are in place to protect all members of our school community from the effects of hot weather.

Hot weather in schools can lead to various problems and conditions, including:

- Heat Exhaustion: Students and staff may experience heat exhaustion, characterized by symptoms like heavy sweating, weakness, dizziness, nausea, and headache.
- Heat Stroke: Extreme heat can lead to heatstroke, a life-threatening condition with symptoms such as high body temperature, confusion, rapid pulse, and loss of consciousness.

- Dehydration: Hot weather can cause dehydration, which can result in fatigue, dry mouth and reduced cognitive function.
- Sunburn: Prolonged exposure to the sun without protection can cause sunburn, leading to pain, redness, and potential long-term skin damage.
- Allergic Reactions: In hot weather, allergens like pollen and insects may be more active, leading to allergic reactions in students with allergies.
- Respiratory Issues: Hot weather can exacerbate respiratory conditions like asthma, making it more challenging for affected students to breathe.
- Hygiene Concerns: Increased sweating and humidity can lead to hygiene issues, such as body odor, which can be a source of discomfort and social embarrassment for students.
- Reduced Concentration: Excessive heat can impair cognitive function and reduce students' ability to concentrate and learn effectively.
- Aggravation of Existing Health Conditions: Hot weather can worsen symptoms for students with pre-existing medical conditions like heart problems or diabetes.
- Overheating in School Buildings: Inadequate cooling systems in school buildings can result in excessively hot and uncomfortable indoor environments, making it challenging for students and staff to focus.

### **Procedures:**

#### 1. Temperature Threshold:

The school will monitor weather forecasts, and when the temperature is expected to exceed 45 degrees Celsius (113degrees Fahrenheit), this policy will be activated.

#### 2. Outdoor Activities:

During hot weather, outdoor activities, including physical education classes and recess, will be adjusted to avoid prolonged exposure to the sun and extreme temperatures. Indoor alternatives will be provided whenever possible.

#### 3. Hydration:

Adequate supplies of drinking water will be available throughout the school premises, and students and staff will be encouraged to stay hydrated by drinking water regularly.

#### 4. Sun Protection:

Students and staff are encouraged to wear sunscreen, hats, and sunglasses when outdoors to protect themselves from harmful UV rays.

#### 5. Cooling Stations:

Indoors will be the cooling stations with air conditioning and shaded areas will be made available for students and staff to take breaks from the heat when needed.

#### 6. Uniform Consideration:

During periods of extreme heat, students may be allowed to wear lighter or more breathable uniforms, as approved by the school administration.

#### 7. Awareness and Education:

The school will provide educational materials and sessions on heat-related safety, including the signs of heat exhaustion etc, and how to respond to them.

#### 8. Staff Training:

Staff members will be trained on the school's Hot Weather Policy and emergency response procedures.

#### 9. Communication:

Parents, staff, and students will be informed of the activation of the Hot Weather Policy through official communication channels, including the school's website, emails, and text messages.

#### 10. Emergency Response:

The school will have clear procedures in place for responding to heat-related emergencies, including immediate access to medical assistance and transportation.

#### 11. Continuous Monitoring:

The school will continuously monitor weather conditions and adjust its response and policies as necessary to ensure the safety of all community members.

#### 12. Review and Updates:

This policy will be reviewed annually and updated as needed to reflect changing weather conditions and safety best practices.

## **Roles and Responsibilities:**

### **Health and Safety Department:**

- Developing and maintaining the hot weather policy.
- Monitoring weather forecasts to identify hot weather conditions.
- Recommending appropriate measures to ensure the safety and well-being of students and staff during hot weather.
- Providing guidelines and resources for the implementation of the policy.
- Training staff on recognizing and responding to heat-related issues.
- Maintaining emergency response plans for severe heat events.
- To monitor and maintain cooling systems in the school

### **Principal:**

- Implementing the hot weather policy within the school.
- Communicating the policy to all staff, students, and parents.
- Ensuring that appropriate facilities, such as shaded areas and water sources, are available.
- Adjusting the school schedule if necessary, such as altering recess and physical education times during extreme heat.
- Monitoring the well-being of students and staff during hot weather.
- Initiating any emergency actions outlined in the policy if needed.

### **All Staff:**

- Familiarizing themselves with the hot weather policy.
- Monitoring students for signs of heat-related stress or discomfort.
- Encouraging students to stay hydrated and take breaks in shaded areas.
- Modifying lesson plans or activities to minimize outdoor exposure during peak heat hours.
- Educating students about the importance of sun protection and heat safety.
- Collaborating with the principal and health and safety department to implement any policy changes or emergency actions.
- Overall, the primary goal of these responsibilities is to ensure the safety and well-being of students and staff during hot weather conditions, which may include taking preventative measures, adjusting activities, and responding to emergencies as necessary.

### School Doctor and Nurse:

**Education:** They educate students, teachers, and parents about the risks of hot weather and how to prevent heat-related illnesses.

**Emergency Response:** They are prepared to respond to medical emergencies and coordinate with emergency services if needed.

**Record Keeping:** They maintain records of students' health issues and incidents related to hot weather, which can inform future policy improvements.

At Sabari Indian School Dubai, the safety and well-being of our school community are of paramount importance. This Hot Weather Policy is designed to protect everyone from the adverse effects of extreme heat and ensure a safe learning environment.

## Relative Humidity (%)

Air Temperature	°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136													
108	130	137												
106	124	130	137											
104	119	124	131	137										
102	114	119	124	130	137									
100	109	114	118	124	129	136								
98	105	109	113	117	123	128	134							
96	101	104	108	112	116	121	126	132						
94	97	100	103	106	110	114	119	124	129	135				
92	94	96	99	101	105	108	112	116	121	126	131			
90	91	93	95	97	100	103	106	109	113	117	122	127	132	
88	88	89	91	93	95	98	100	103	106	110	113	117	121	
86	85	87	88	89	91	93	95	97	100	102	105	108	112	
84	83	84	85	86	88	89	90	92	94	96	98	100	103	
82	81	82	83	84	84	85	86	88	89	90	91	93	95	
80	80	80	81	81	82	82	83	84	84	85	86	86	87	

Heat Index  
(Apparent  
Temperature)

### With Prolonged Exposure and/or Physical Activity

<b>Extreme Danger</b>
Heat stroke or sunstroke highly likely
<b>Danger</b>
Sunstroke, muscle cramps, and/or heat exhaustion likely
<b>Extreme Caution</b>
Sunstroke, muscle cramps, and/or heat exhaustion possible
<b>Caution</b>
Fatigue possible



Mrs. Clara Martin  
Principal.




Mr. S. Hamid.  
Health and Safety Officer