



Berry Harbor Preschool
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Sun Policy

Aim

To keep children, staff, parent/carers and volunteers safe during a heat wave.

To prevent children and adults from overheating.

To know the signs and symptoms of heat exhaustion and heat stroke.

To know what to do if a child or adult becomes unwell or over heats.

Children's susceptibility to high temperatures varies;

- those under 4 years of age
- who are overweight
- who are taking certain medication
- children with disabilities or complex health needs

Staff should be made aware of the risks and how to manage them. Further information about supporting children with medical condition can be found at the Department for Education website. For further information on reducing temperatures within school buildings and grounds see UK Health Security Agency's (UKHSA) [Heatwave Plan for England](#)

Health risks from heat

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat.

Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke.

The main risk from heat is dehydration (not having enough water in the body).

If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, preschool staff should look out for signs of heat stress, heat exhaustion and heatstroke.

Heat stress

Children suffering from heat stress 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 and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness

Actions to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

1. Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
2. Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
3. Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.

If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.

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°C
- 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 wide brims to avoid sunburn
- use sunscreen (at least factor 15 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot.

Protecting children indoors

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

- open windows as early as possible in the morning before children arrive
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- use outdoor sun awnings if available, or close indoor blinds or curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in 'standby mode' as this generates heat
- if possible, use the preschool room or other space such as the hall if it is not in use, which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children
- oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
- if necessary, consider rearranging preschool start, finish, and play times to avoid teaching during very hot conditions
- encourage children to eat normally and drink plenty of cool water

This policy was adopted at a meeting of Berrynarbor Preschool held on 15/07/2022

This policy was review and revised on 24/08/23

Signed on behalf of the preschool..... Date.....