



## Hot Weather Policy

**Phoenix Private School, Doha – For Students and Staff**

**Effective Date:** May 2025

**Approved By:** Principal

**Next Review Date:** May 2026

## Mission, Vision & Core Values

### Mission

To develop future leaders who are able to make positive changes throughout the world. We challenge today to create a better tomorrow.

### Vision

To prepare a generation of Successful Learners, Confident Individuals, Responsible Citizens, and Effective Contributors.

### Core Values

- **Perseverance**
- **Honesty**
- **Originality**
- **Enrichment**
- **Nurturing**
- **Inspiration**
- **eXcited to learn**

At Phoenix Private School, our commitment to student welfare and holistic development includes a strong focus on health and safety — particularly during extreme weather conditions.

#### 1. Purpose

To ensure the health, safety, and comfort of students, staff, and visitors during extreme heat by implementing proactive, structured responses aligned with local climate and educational best practices.

#### 2. Scope

Applies to all individuals on school grounds or involved in school-sponsored activities — including classrooms, outdoor spaces, buses, and events — during periods of elevated temperature.

### 3. Definitions

- **Extreme Heat:** Ambient temperatures exceeding 30°C (86°F), with increased concern above 35°C and during high humidity periods.
- **Heat Illness:** Conditions such as heat rash, heat cramps, heat exhaustion, and heat stroke, triggered by sustained heat exposure.

### 4. Temperature-Based Protocol Levels

Temperature	Risk Level	Phoenix Protocols
Below 30°C (86°F)	Normal	<ul style="list-style-type: none"> <li>• Regular schedule.</li> <li>• Encourage hydration. Students must have their water bottles.</li> <li>• Routine outdoor activities.</li> </ul>
31°C – 34.9°C	Caution	<ul style="list-style-type: none"> <li>• Increase hydration breaks.</li> <li>• Limit outdoor PE/recess to 15 minutes max.</li> <li>• Hats, sunscreen and water bottles are essential.</li> </ul>
35°C – 38°C	High Alert	<ul style="list-style-type: none"> <li>• Suspend PE or strenuous outdoor activities.</li> <li>• Indoor break enforced.</li> <li>• Fans and shaded areas activated.</li> <li>• Teachers monitor for symptoms.</li> </ul>
39.9°C +	Severe Risk	<ul style="list-style-type: none"> <li>• All activities moved indoors.</li> <li>• Lightweight dress code encouraged.</li> <li>• Close blinds, use AC/fans.</li> <li>• Monitor vulnerable students.</li> </ul>

*Humidity, sun exposure, and heat index may trigger protocol activation even if air temperature is below threshold.*

### 5. General Preventive Measures

- **Hydration:** Students bring labeled water bottles; teachers enforce 20-minute water breaks.
- **Ventilation:** Use AC, fans, or open windows; close blinds in sun-exposed rooms.

- **Transport:** Ensure bus ventilation; no child left in parked vehicles.
- **Dress:** Lightweight, breathable clothing permitted on extreme heat days.
- **Scheduling:** Shift physical activity to mornings or indoors.

## 6. Recognising and Responding to Heat Illness

Condition	Symptoms	Response
Heat Rash	Red, itchy skin	Keep area dry; apply powder
Heat Cramps	Muscle pain, sweating	Rest in shade, hydrate, stretch gently
Heat Exhaustion	Headache, nausea, dizziness, fatigue	Cool area, water intake, loosen clothing
Heat Stroke	Dry/hot skin, confusion, fainting, fast pulse	Cool body with wet cloths/fans, no fluids if unconscious

## 7. Roles and Responsibilities

### Teachers & Staff

- Monitor student well-being.
- Adapt outdoor schedules and lesson plans.
- Enforce hydration and report heat concerns promptly.

### School Nurse / First Aider

- Treat and document heat illness.
- Update emergency contact and medical records.
- Notify parents/guardians if necessary.

### Leadership Team

- Monitor forecasts and heat index.
- Activate protocols and send community-wide alerts.
- Decide on school hour adjustments or closures.

## 8. Communication

- Heat alerts shared via **email, SMS, and [Parent App]**.
- Daily temperature status announced school-wide during alerts.

- Staff updates via internal communication (briefings/email).

## 9. Training and Awareness

- Staff receive **annual training** in heat safety and first aid.
- **Students** are taught basic sun safety and hydration habits during wellness classes.

## 10. Emergency Heat Protocol

Steps to follow for heat stroke or serious heat illness:

1. Nurse to call emergency services immediately
2. Move the individual to a cool/AC area
3. Apply cold compresses, loosen clothing
4. Monitor responsiveness
5. Notify parents or emergency contact

## 11. Policy Review and Local Practice

This policy will be reviewed:

- Annually (end of summer term)
- After any heat-related incident
- Based on parent/staff feedback