



Heat Index

Table of Required Actions

STANDARD

Heat Index Below 33°C	The following actions are standard practice for all Regents Outdoor Activities
1	The School shall provide adequate water supply throughout the campus.
2	Staff should inform Secondary and KS2 students to apply sun lotion before lessons, games and activities.
3	Students should be encouraged to wear hats in the Secondary School and compulsory in Early Primary and Primary School for break, lunch and PE lessons
4	All athletes and students should bring water bottles to trainings and PE classes
5	Recommended water breaks every 30 minutes.
6	Where possible spend transitions, rest periods and direct teaching moments in shade provided around facilities.
7	Students that want to take a break should do so at any time. In the Start of Lesson protocol students are made aware of their right to take a break.
8	Staff to watch/monitor players carefully.



LEVEL 1

Heat Index Between 33°C & 40°C	As above PLUS
1	During competitive and training matches, students should be rotated out on a regular basis.
2	Staff identify students who present a higher risk of suffering from heat related illnesses and provide these students with an alternative to training in heat.
3	Staff should brief students of increased risk at beginning of practices and lessons of increased heat illness risk within and above this zone.
4	Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse.
5	Recommended water breaks every 20 minutes.
6	Suggestion is that lessons take place in shade as much as possible.
7	Modify training and/or games to allow for regular hydration and rest.



LEVEL 2

Heat Index Between 41°C & 54°C	As above PLUS
1	Staff should clearly brief students of extreme risk of heat illness within this zone and exclude students who have not hydrated throughout the day.
2	Recommended water breaks every 15 minutes.
3	Early Years and Primary School outdoor activities cancelled.
4	Outside activities with a high physical exertion nature moved to shaded areas where possible or indoors.
5	Lessons should be moved to shaded areas or indoors where possible
6	Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse.
7	Electrolyte consumption should be encouraged and utilized for athletes practicing and competing.
8	Maximum duration of exposure in this temperature is one hour.
9	Practices and or fixtures can be cancelled at the discretion of the Director of Sport / Director of Operations.

LEVEL 3

Heat Index above 54°C	Heat Stroke Imminent & Extreme Risk
1	All non-air conditioned activities are cancelled