

Extreme Heat Policy

Kidz Enterprise Out is committed to protect children, staff, and visitors from the harmful effects of excessive sun exposure and high temperatures. Children are particularly vulnerable to the effects of heat and ultraviolet (UV) radiation. We are committed to providing a safe environment that minimises the risks associated with hot weather while allowing children to enjoy outdoor play safely.

We aim to:

- Protect children and staff from sunburn, heat exhaustion, dehydration, and other heat-related illnesses.
- Promote healthy sun safety habits.
- Ensure children can continue to benefit from outdoor play safely during warm weather.
- Meet our duty of care under health and safety legislation.

The main elements of this policy are:

- Protection: providing an environment that enables pupils and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents/carers, Directors, staff and the wider community to reinforce awareness about sun safety and promote a safe and healthy play environment.

Protection -

- When the sun is strong, and it is hot we will encourage children to play in shade.
- Hats where possible must be worn outside at all times by children and staff and children will be encouraged to wear clothes that provide good sun protection and that are loose clothing
- Parents must apply sun cream before their child attends and children can apply their own at **Kidz Enterprise**. **Kidz Enterprise** do have a supply of sun cream and if permission has been given staff will assist to apply to arms, face, bottom of legs/exposed areas.
- Parents will sign giving permission for sun cream to be applied within the child's registration form prior to starting at **Kidz Enterprise**. Parents are responsible for informing staff of any changes, such as allergies.
- Staff are supplied with a cool summer uniform and wear a lanyard.
- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also, with regular water breaks. We advise children to bring their own water bottles.
- Water will always be available to children throughout the session from water dispensers/ jugs which children will be able to access independently.
- Water-rich foods such as cucumber, melon etc will be provided where appropriate and ice pops will be provided.
- Staff will role model good hydration practices by drinking water regularly in front of children.
- All children will be educated about sun safety
- Ensure children have opportunities to rest and cool down.
- The duration of outdoor activities and vigorous physical activities may be limited during the hottest periods, such as when temperatures are in excess of 30°C and staff will risk assessment and decide upon outdoor play.

- Staff will check outdoor equipment, surfaces and play resources before use as metal slides, swings, artificial surfaces and other equipment can become dangerously hot and may cause burns. Any unsafe equipment will be taken out of use until temperatures have reduced.
- Fans will be used to help circulation, but when temperatures are above 35°C fans will not be used as they may not prevent heat-related illness and may worsen dehydration.
- We will keep the use of electric lighting to a minimum
- If our areas become too hot, we will move to airconditioned area/ other parts of the building.

Shade:

- o Provide access to shaded areas in the outdoor environment.
- o Use gazebos, canopies, umbrellas, or natural shade where available.
- o Encourage children to take regular breaks from direct sunlight.
- o Keep indoor areas as cool as possible through ventilation, blinds, curtains, and shaded windows and the use of fans to circulate air. Staff will open windows/doors. Staff will close windows/doors when the outdoor air becomes warmer than the air indoors - this will help to keep the heat out while allowing adequate ventilation in the hall.
- o Monitor room temperatures.

Water Play: Water play may be used as a cooling activity during hot weather. Staff will ensure:

- o Appropriate supervision at all times.
- o Water equipment is maintained and cleaned regularly.
- o Safe hygiene procedures are followed.

Useful links:

<https://www.childcare.co.uk/information/sun-safety-for-children>

<https://www.sunsafenurseries.co.uk/>

<https://www.eyalliance.org.uk/how-be-sun-safe>

Heatwave: Where the Met Office issues weather warnings or temperatures are considered excessive, management may:

- Restrict or suspend outdoor activities.
- Modify operating procedures.
- Take additional measures to safeguard children and staff.

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, **Kidz Enterprise** staff and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

Recognising Heat-Related Illness

All staff will be familiar with the signs and symptoms of heat stress, heat exhaustion and heatstroke.

Possible symptoms include:

- Unusual tiredness
- Headache
- Dizziness
- Nausea or vomiting
- Excessive sweating
- Pale or clammy skin
- Irritability or unusual behaviour
- Floppiness or lethargy
- Confusion or loss of consciousness

If a child shows signs of heat exhaustion, staff will:

1. Move the child to a cool, shaded area.
2. Encourage them to drink water.
3. Remove excess clothing if appropriate.
4. Cool the child using damp cloths or fans.
5. Contact parents/carers if necessary.
6. Seek emergency medical assistance if symptoms worsen or do not improve.

Where heat exhaustion or heatstroke is suspected, staff will follow first aid procedures and seek medical assistance immediately where required. Heatstroke is a medical emergency and emergency services will be contacted without delay.

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Children with Additional Needs

Some children, including babies, children under four years of age, and children with certain medical conditions or special educational needs and disabilities (SEND), may be at greater risk during hot weather. Individual needs and risk assessments will be considered when planning activities and routines.

This policy was adopted by: Kidz Enterprise LTD	Date: 1st September 2026
To be reviewed: September 2027	Signed: D. Beesley

Written in accordance with the Statutory Framework for the Early Years Foundation Stage (2026)