

PE Department – Hot Weather Policy

During very hot weather, the following policy and procedures will help to ensure:

- the health and safety of the students

and

- the smooth running of the lessons.

These procedures will be communicated to students as part of the introductory talk on summer activities which is delivered after Easter. Thereafter, they will regularly be reinforced by class teachers, especially when hot weather is forecast.

Should any deviation from the policy be required, class teachers should consult the Head of Faculty.

Sun Cream

Students will be advised to bring sun cream to apply for PE lessons.

Sunglasses

Students will be permitted to wear sunglasses if they wish. Sunglasses must be made of plastic and be the secure fitting, sports style of glasses. Fashion sunglasses will not be allowed.

Hats

Students will be encouraged to bring an appropriate cap or sun hat for lessons in hot weather.

Hydration

Staff will discuss with students the need for effective hydration and how this can be achieved. Students will be advised to always attend lessons with a plentiful supply of water. Students will be advised to drink before they leave the changing rooms and again on their return. Students are not permitted to take water bottles out of the changing rooms.

In addition to the above points, class teachers will adapt their lessons to reduce levels of intensity and exertion in very hot weather, including:

- give explanations in the changing rooms at the start of the lesson rather than outside as might normally be the case
- sit students in the shade for explanations if available
- change or adapt the activities being covered to reduce levels of exertion
- allow longer periods of rest
- bring students in earlier than might normally be the case