Extreme Weather Policy for Physical Activity (July 2021 onwards)

When extreme weather occurs the PE department will adopt special working protocols above and beyond their normal working protocols. These will be followed in the following circumstances.

Temperatures above 24^{o}C

Temperatures below 0^{o}C

These protocols will work in tandem with the risk assessments in place for varying activities and will not change the health and safety requirements in place for these

In temperatures above 24^{o}C

Pupils will be advised at the start of the lesson that they need to have drink with them (they can refill these during the school day at various outlets in the school).

Pupils should have their inhalers with them if asthmatic (on their person)- if they do not have them that day the teacher should adjust the task for that pupil accordingly

The choice of activity if in direct heat should not be maximal in type (based on heart rate). For instance, rather than running 400m they should opt a technique-based lesson.

The activity needs regular drinks breaks (Frequency of 20 mins at least) and pupils will need to be constantly reminded of the need to rehydrate

The area for the activity should be chosen where the pupils can gain shade and respite from the extreme heat for periods of the lesson

Parents should advise the school if their child has any underlying condition which might impact on their ability to fully participate in PE lessons – this information will be placed on an Individual Health Care Plan & be available to all staff.

In temperatures below 0^{o}C

Pupils will be advised regularly of the need to come in suitable PE kit for the conditions- not just a T shirt and shorts

Pupils will be allowed to wear a coat if the activity is outside- (this may need to be underneath their Rugby shirt for contact sports)

The choice of activity will need to be one which is high intensity to keep body temperature up and not one which makes the pupils stand still for long periods

It will be necessary that organisation of the group and the activity in completed inside prior to going outside to lower the time outside not moving

If the temperature is too low for any quality of activity to occur or puts the safety of the students in danger (below -2^{o}C) then the lesson will be adapted to use an inside space safely

Pupils should have their inhalers with them if asthmatic (on their person)- if they do not have them that day the teacher should adjust the task for that pupil accordingly

This list does not take into account every weather eventuality such as wind chill factor and pollen count and the teacher must use their professional judgement to best achieve the aims of the lesson while regarding the safety and dignity of the students being taught