

# THE BRITISH SCHOOL OF BAHRAIN



## Weather, Outdoor Lessons and Outdoor Play Policy

DOCUMENT CONTROL	
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## **1.0 Rationale**

1.1 The safety of our students and staff is paramount. In order that students and staff work and play outdoors safely, this policy outlines how outdoor lessons and outdoor play is governed by considerations of weather. All staff should be aware of the rules, and all community members should follow the instructions included in this document.

## **2.0 General responsibilities**

### 2.1 All staff

2.1.1 To follow the guidelines in this policy

2.1.2 To ensure they are hydrated

2.1.3 To advise students to stay hydrated

2.1.4 To report any concerns about weather and its impact on students, to their line manager

### 2.2 Staff on duty

2.2.1 To enforce the 'no hat, no play' policy (excluding the Infant School, where all play is under shade)

2.2.2 To monitor student wellbeing

2.2.3 To report any concerns to their line manager immediately

2.2.4 To send any at risk students to the nurse station, with an escort

2.2.5 To refer to the outdoor thermometers to guide their judgments

### 2.3 Physical education teachers

2.3.1 To use the departmental thermometers if they feel temperatures need to be monitored

2.3.2 To promote hydration and ensure regular water breaks

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2.3.3 To model behavior for students and take water bottles and hats to outdoor lessons

2.3.4 To prevent students from taking part in lessons if they are not suitably prepared

2.4 Security staff and other staff who stay outdoors for long periods

2.4.1 To carry a water bottle or ensure indoor breaks with water occur every one hour

2.5 Students

2.5.1 To follow the instructions of teachers

2.5.2 To bring a water bottle to school

2.5.3 To bring appropriate sports attire as per school rules, to school

2.5.4 To wear a hat when outdoors in full sunlight

2.5.5 (Senior and Junior School) To bring sunscreen to school when required

2.6 Parents

2.6.1 To ensure their son/daughter is suitable prepared for outdoor lessons and play - this means students have a water bottle and hat; and have suncream on

2.6.2 To respect the judgments of the school

2.6.3 To raise any concerns with the school through appropriate channels

2.6.4 Liaise with nurses if it's necessary for additional suncream to be kept in school (in particular those with skin conditions and/or who are sensitive to the sun eg. ginger/fair-headed, freckly pupils)

## 3.0 Temperatures and action taken

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<b><i>Temperature</i></b>	<b><i>Outdoor play during breaktime</i></b>	<b><i>Outdoor lessons</i></b>
<p>3.1 Greater than 40 degrees Celsius/104 degrees Fahrenheit</p>	<ul style="list-style-type: none"> <li>* Staff will judge whether students should remain inside or in shade.</li> <li>* No outdoor sport or physical activity allowed.</li> <li>* Students must wear caps in full sunlight.</li> <li>* Parents are advised to apply Factor 50 suncream before a child attends school.</li> </ul>	<ul style="list-style-type: none"> <li>* Staff will judge whether students should remain inside, taking into account temperature, wind, age of students, etc.</li> <li>* Students must wear caps and have water bottles.</li> <li>* Water breaks in the shade, where possible, will be every 10-15 minutes.</li> <li>* Students can ask to sit out if they are feeling too hot.</li> <li>* Parents must apply Factor 50 suncream before the child attends school. In the senior school, suncream may be brought in and applied by the students.</li> </ul>
<p>3.2 Between 30 and 40 degrees Celsius/86 and 104 degrees Fahrenheit</p>	<ul style="list-style-type: none"> <li>* Sport and physical activity allowed.</li> <li>* Students must wear caps in full sunlight.</li> <li>* Taking on water to be encouraged.</li> <li>* Parents are advised to apply Factor 50 suncream before a child attends school.</li> </ul>	<ul style="list-style-type: none"> <li>* Lessons continue as normal.</li> <li>* Water breaks in the shade, where possible, will be every 15-20 minutes.</li> <li>* Students must wear caps in full sunlight.</li> <li>* Parents are advised to apply Factor 50 sunscreen before a child attends school. In the senior school, sunscreen may be brought in and applied by the students.</li> </ul>
<p>3.3 Between 20 and 30 degrees Celsius/68 and 86 degrees Fahrenheit</p>	<ul style="list-style-type: none"> <li>* Sports and physical activity allowed.</li> <li>* Taking on water to be encouraged.</li> <li>* Sunscreen is advised.</li> </ul>	<ul style="list-style-type: none"> <li>* Lessons continue as normal.</li> <li>* Water breaks will be allowed at teacher's discretion.</li> <li>* Sunscreen is advised.</li> </ul>

3.4 Less than 20 degrees Celsius/68 degrees Fahrenheit	* Students should have an additional long sleeve top/jersey/cardigan in case of cold.	* Students should have an additional long sleeve sports top/jersey/cardigan in case of cold.
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## 4.0 Ultraviolet Index (UVI) and action taken

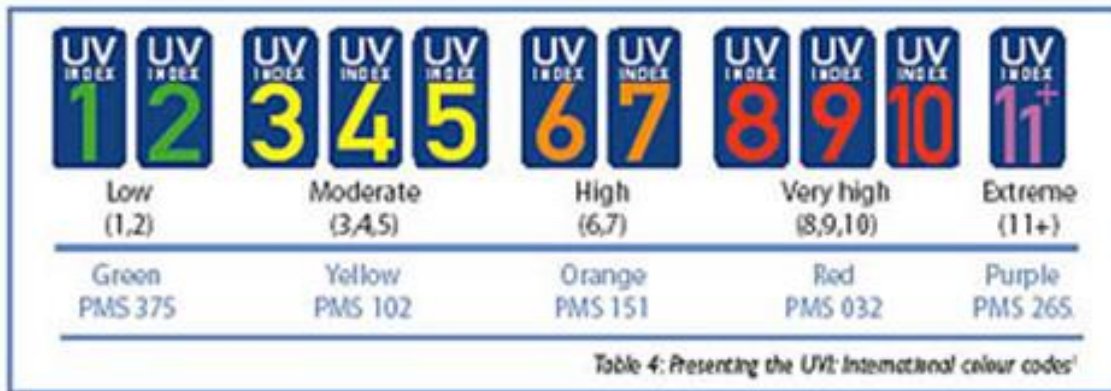
4.1 Sunlight emits UV radiation (3 bands - UVA, UVB, UVC) - all of which are harmful to the DNA of skin cells and eyes. The UVI measures the level of UV radiation - the higher the UVI, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur. Due to its position in relation to the equator, Bahrain has high UV exposure generally. Seemingly, UV radiation is lowest during December/January (~5) so outdoor lessons would be safest at this time.

4.2 Assigned staff may refer to a real-time index of UVI for the country in case of high UVI measures: <https://uvindex.today/cities/manama-bh>

<b>UVI</b>	<b><i>Outdoor play during breaktime</i></b>	<b><i>Outdoor lessons</i></b>
<p>4.1.1 <b>11+</b> (extreme risk of harm from unprotected sun exposure)</p>	<ul style="list-style-type: none"> <li>* All activities should take place in the shade.</li> <li>* If in the sun wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents to apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Avoid playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>	<ul style="list-style-type: none"> <li>* All activities should take place in the shade.</li> <li>* If in the sun wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Avoid playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>

<p>4.1.2 <b>8-10</b></p> <p>(very high risk of harm from unprotected sun exposure)</p>	<ul style="list-style-type: none"> <li>* Minimize sun exposure between 10am-4pm, particularly around midday.</li> <li>* Time in the shade as often as possible.</li> <li>* Wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Avoid playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>	<ul style="list-style-type: none"> <li>* Minimize sun exposure between 10am-4pm, particularly around midday.</li> <li>* Time in the shade as often as possible.</li> <li>* Wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Avoid playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>
<p>4.1.3 <b>6-7</b></p> <p>(high risk of harm from unprotected sun exposure)</p>	<ul style="list-style-type: none"> <li>* Reduce time in the sun between 10am-4pm, particularly around midday.</li> <li>* Retreat to the shade often.</li> <li>* Wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Limit time playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>	<ul style="list-style-type: none"> <li>* Reduce time in the sun between 10am-4pm, particularly around midday.</li> <li>* Retreat to the shade often.</li> <li>* Wear protective clothing (long-sleeved, dry-fit material), a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Limit time playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>

<p>4.1.4 <b>3-5</b></p> <p>(moderate risk of harm from unprotected sun exposure)</p>	<ul style="list-style-type: none"> <li>* Stay in shade near midday (when the sun is strongest).</li> <li>* Wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Limit time playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>	<ul style="list-style-type: none"> <li>* Stay in shade near midday (when the sun is strongest).</li> <li>* Wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.</li> <li>* Generously apply broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse) - even on cloudy days - and after swimming or sweating.</li> <li>* Limit time playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>
<p>4.1.5 <b>0-2</b></p> <p>(low danger from the sun's UV rays for the average person)</p>	<ul style="list-style-type: none"> <li>* Wear sunglasses on bright days.</li> <li>* If you burn easily, cover up and use broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse).</li> <li>* Take care playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>	<ul style="list-style-type: none"> <li>* Wear sunglasses on bright days.</li> <li>* If you burn easily, cover up and use broad spectrum SPF 30+ sunscreen (parents apply before school, children with fair skin should have extra sun cream with the nurse).</li> <li>* Take care playing on bright surfaces as they reflect UV and increase exposure.</li> </ul>





## 5.0 Air quality and action taken



5.1 Staff will make judgments on air quality using visual observation; if in doubt, they may refer to a real-time index of air quality for the country: <https://aqicn.org/map/bahrain/>



<b>AQI</b>	<b><i>What does this look like?</i></b>	<b><i>Outdoor play during breaktime</i></b>	<b><i>Outdoor lessons</i></b>
5.1.1 201 or over	* Air/sky appears dusty; significant presence of particles/dust is evident.	* Indoor play only.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station if in doubt.	* Indoor lessons only.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station if in doubt.  * At-risk students and staff should monitor their condition and report any concerns to their teacher/line manager.
5.1.2 Between 151 and 200	* Air/sky appears hazy; some evidence of particles/dust.	* Normal unless teachers judge that students should be moved indoors.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station if in doubt.	* Normal.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station if in doubt.  * At-risk students and staff should monitor their condition and report any concerns to their teacher/line manager.
5.1.3 Up to 150 (healthy, though possible unhealthy for sensitive groups)	* Air/sky appears clear or fairly clear; little haziness; little evidence of particles/dust.	* Normal.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station	* Normal.  * At-risk students should have medication (e.g. inhalers) or check in with a nurse station if in doubt.

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## 6.0 Wet weather and action taken

6.1 Staff will make judgments on precipitation using visual observation; if in doubt, they may refer to a real-time forecast.

<i>Precipitation type</i>	<i>What does this look like?</i>	<i>Outdoor play during breaktime</i>	<i>Outdoor lessons</i>
6.1.1 Heavy rain 	* Persistent fast falling fat raindrops which create large bodies of water (puddles) quickly. This could go on for a sustained period of time (days), leading to some areas becoming flooded, and possibly inaccessible.	* Suspended.  * Play should take place in an indoor facility.	* Suspended.  * Lessons should take place in an indoor facility.
6.1.2 Light rain 	* Persistent fast falling small raindrops which lead to small bodies of water being created over a period of time. Ground will be wet and may take a little time to dry.	* Suspended.  * Play should take place in an indoor facility.	* Play on all-weather surfaces (e.g. 4G pitch) can go ahead, as long as the participants are wearing appropriate anti-slip footwear (studs/blades) and waterproof clothing / have a change of dry clothing.

<p>6.1.3 Heavy shower</p> 	<p>* Rainfall is heavy, sudden, brief and happens intermittently over a short period of time (hours). Ground areas will become wet but may not retain water, particularly on warmer days.</p>	<p>* Suspended. * Play should take place in an indoor facility.</p>	<p>* Play on all-weather surfaces (e.g. 4G pitch) can go ahead, as long as the participants are wearing appropriate anti-slip footwear (studs/blades) and waterproof clothing / have a change of dry clothing.</p>
<p>6.1.4 Light shower</p> 	<p>* Rainfall is 'drizzly', sudden and brief and happens intermittently over a short period of time (hours). Ground areas may become slightly wet but will dry quickly.</p>	<p>* At the discretion of the teacher, play can continue outside. * Use of concrete surfaces should be at the discretion of the teacher (risk assessed).</p>	<p>* Play on all-weather surfaces (e.g. 4G pitch) can go ahead, as long as the participants are wearing appropriate anti-slip footwear (studs/blades) and waterproof clothing / have a change of dry clothing, if necessary. Use of concrete surfaces should be at the discretion of the teacher (risk assessed).</p>

## 7.0 Windy weather and action taken

7.1 The Beaufort Scale is an empirical measure that relates wind speed to observed conditions at sea or on land.

Staff will make judgments on wind using visual observation; if in doubt, they may refer to a real-time forecast.

<i>Beaufort scale rating</i>	<i>What does this look like?</i>	<i>Outdoor play during breaktime</i>	<i>Outdoor lessons</i>
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7.1.1 9-11 (75km/h+) <i>Strong gales, storms and hurricanes</i>	* Minor to considerable structural damage to buildings and trees may become uprooted. High speed winds lead to general devastation.	* Suspended.	* Suspended.
7.1.2 7-8 (50-74km/h) <i>Gale force winds</i>	* Whole trees moving with twigs breaking off. Difficulty walking or moving against the wind.	* Suspended.	* Suspended.
7.1.3 4-6 (20-49km/h) <i>Breezy</i>	* Dust and loose paper becomes raised from the floor; small branches move and large branches too when wind speed increases; whistling may be heard through wires and gaps.	* As normal, though teacher discretion should apply based on activity at hand i.e. throwing activities should be abandoned.	* As normal, though teacher discretion should apply based on activity at hand i.e. throwing events should be abandoned.
7.1.4 1-3 (1-19km/h) <i>Gentle breeze</i>	* Smoke drift occurs and wind can be felt on the face; leaves rustle in trees and (light) flags extend.	* As normal.	* As normal.
7.1.5 0 <i>Calm</i>	* Smoke rises vertically.	* As normal.	* As normal.

## 8.0 Signs of weather related illness

### 8.1 Hot weather

8.1.1 All teaching and nursing staff should be aware of signs indicating heat illness,

including; muscle cramps, paleness or flushing, heavy sweating or complete lack of sweating, skin that is cold or clammy to the touch, excessive tiredness, weakness, dizziness, headaches, nausea, vomiting, or fainting.

8.1.2 They should also be aware of respiratory problems such as coughing, wheezing, breathing complaints, or hyperventilation.

## 8.2 Poor air quality

8.2.1 All teaching and nursing staff should be aware of coughing, spluttering, inability to breathe effectively, hyperventilating.

**If in doubt, send students or report yourself to the nurse.**

## 9.0 School trips

9.1 On days where the temperature exceeds 40 degrees Celsius/104 degrees Fahrenheit, it is recommended any scheduled field trips visit inside, air-conditioned locations. Teachers should determine whether outdoor trips are safe if the temperature exceeds this benchmark. Transport should be air-conditioned, and the opportunity to hydrate must be factored into trip plans. Sun cream, water bottles and hats must be provided by parents for outdoor trips, and they are recommended for indoor trips involving some period outside.

## 10.0 Ramadan

10.1 Ramadan occurs at different points in the school year, and therefore when it occurs at the same time as temperatures are high, special care must be taken to ensure the wellbeing of staff and students.

10.2 Fasting students are exempt from outdoor lessons, if they wish. Students who take part in lessons must do so with care, and should be monitored closely by staff.

10.3 During break times, when the temperature regularly exceeds 35 degrees Celsius/95 degrees Fahrenheit, each school will take action to ensure cool, quiet spaces are available for students to rest in.

## 11.0 References

### - The World Health Organisation:

<https://www.who.int/uv/publications/sunschools/en/>

[https://www.who.int/uv/intersunprogramme/activities/uv\\_protectchildren/en/index1.html](https://www.who.int/uv/intersunprogramme/activities/uv_protectchildren/en/index1.html)

[https://www.who.int/uv/intersunprogramme/activities/uv\\_protectchildren/en](https://www.who.int/uv/intersunprogramme/activities/uv_protectchildren/en)

### - Air quality

US EPA air quality guidelines: <https://airnow.gov/index.cfm?action=aqibasics.aqi>

### - UV Index

INTERSUN programme: [https://www.who.int/uv/intersunprogramme/activities/uv\\_index/en](https://www.who.int/uv/intersunprogramme/activities/uv_index/en)

US EPA sun safety guidelines: <https://www.epa.gov/sunsafety/uv-index-scale-1>

### - Wet weather

UK Meteorological Office:

<https://www.metoffice.gov.uk/learning/precipitation/rain/rain-and-showers>

### - Windy weather

Royal Meteorological Society

<https://www.rmets.org/resource/beaufort-scale>