WELLINGTON COLLEGE
INTERNATIONAL SCHOOL BANGKOK

Hot Weather Policy

Approval:	Executive Board	**Level:**	Public
Writer:	Chris Nicholls	**Review Frequency:**	3 years
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1. Heat index

a. The heat index is a measure that combines ambient temperature and relative humidity to show how hot conditions feel to the human body. It is sometimes referred to as the 'feels like' temperature.

b. For example, an ambient temperature of 32°C with a relative humidity of 70% produces a heat index of approximately 40°C. In practical terms, this means that the body experiences those conditions as significantly 'hotter' than the air temperature alone would suggest.

c. Schools use the heat index, rather than ambient temperature, to determine what is required for outdoor activity.

d. The standard heat index reference table is set out below.

Ambient Temperature (°C)

Relative Humidity (%)	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
40	27	28	29	30	31	32	34	35	37	39	41	43	46	48	51	54	57
45	27	28	29	30	32	33	35	37	39	41	43	46	49	51	54	57	
50	27	28	30	31	33	34	36	38	41	43	46	49	52	55	58		
55	28	29	30	32	34	36	38	40	43	46	48	52	55	59			
60	28	29	31	33	35	37	40	42	45	48	51	55	59				
65	28	30	32	34	36	39	41	44	48	51	55	59					
70	29	31	33	35	38	40	43	47	50	54	58						
75	29	31	34	36	39	42	46	49	53	58							
80	30	32	35	38	41	44	48	52	57								
85	30	33	36	39	43	47	51	55									
90	31	34	37	41	45	49	54										
95	31	35	38	42	47	51	57										
100	32	36	40	44	49	54											

Caution | Extreme Caution | Danger | Extreme Danger

2. Procedures

The following procedures use Heat Index readings, not ambient temperature readings. All temperature and humidity readings are taken directly from Wellington College Bangkok's AirVisual weather monitoring system, which is located on campus.

Heat index	Likely physical effects	Early Years	Junior School	Senior School
26–32	Fatigue may occur with prolonged exposure or activity. Heat illness may occur if activity continues without adequate hydration.	Outdoor play may continue. Water must be readily available and offered frequently by staff. Hats must be worn outdoors. Sun protection must be applied before outdoor activity. Activities should take place in shade where reasonably possible. Staff must closely supervise and stop activity immediately if a child shows signs of distress, overheating, or unusual fatigue.	Outdoor activity may continue. Students must bring a water bottle to PE and outdoor activities. Hats must be worn outdoors in accordance with school rules. **Sun protection** must be applied before outdoor activity. **Water breaks** must take place at least every **30 minutes**. Staff should use shaded areas where reasonably possible and monitor students for signs of heat strain.	Outdoor activity may continue. Students must bring a water bottle to PE, games, and training. Sun protection should be encouraged. Water breaks must take place at least every **30 minutes**. Staff must allow any student to stop and rest at any time and should monitor students for signs of heat strain.
33–40	Heat illness and heat exhaustion are possible. Continued vigorous activity may lead to heat stroke.	Outdoor activity must be **reduced** in both duration and intensity. Quiet, closely supervised play only. **Shade** must be used wherever possible. Water must be offered very frequently. Any child showing signs of heat stress must be taken indoors immediately and referred to the Health Centre if required.	Outdoor activity may continue only in a **modified** form. Intensity and duration must be **reduced**. In PE lessons, water breaks must take place at least every **20 minutes**. **Shade** must be used wherever possible. Staff must identify students at **increased risk** and adjust or withdraw participation as necessary. Any student showing signs of heat illness must stop immediately and be taken to the Health Centre.	Outdoor activity may continue only in a **modified** form and under close supervision. Students must be **briefed** on the increased risk at the start of the session. Intensity must be **reduced** and regular **recovery periods** built in. Water breaks must take place at least every **20 minutes**. Any student showing signs of heat illness must **stop** immediately and be taken to the Health Centre.
40–50	Heat illness and heat exhaustion are likely without strict controls. Heat stroke is possible if activity continues.	**All outdoor energetic activity is cancelled.** Children should remain indoors or in cooled spaces except for essential supervised movement between buildings. If outdoor presence is unavoidable, it must be brief, quiet, fully supervised, and in shade.	**All outdoor energetic activity is cancelled.** Outdoor breaktimes and outdoor learning should be reduced to maximum 15-minute, quiet, shaded periods only, and only where this is judged safe. PE, games, and other strenuous outdoor activity must be moved indoors, moved into full shade in a non-strenuous format, or cancelled.	Outdoor activity must be **heavily restricted**. No vigorous activity should take place outdoors. Any essential outdoor activity must be **low-intensity**, closely supervised, and moved to **shade** wherever possible. **Water** breaks in shade must take place at least every **15 minutes**. Outdoor sessions should be kept as **short** as possible and should not normally exceed **30 minutes**. Fixtures, training, and strenuous sessions may be modified, relocated, or cancelled by the Director of Sport, Head of School, or Master.
51+	Extreme danger. Heat stroke is highly likely if activity continues.	**No outdoor activity is permitted.** Children must remain indoors or in cooled indoor spaces except for essential supervised movement between buildings.		