

Over the last few years, a rise in temperature during English summers has been seen, with temperatures reaching over 40 degrees. At Smartkidz, it is our job to ensure that the children are having fun during these temperature, while ensuring their safety.

Parent support in keeping children safe during warmer weather:

- Ensure children are wearing appropriate clothing for this weather, i.e. shorts and thin T-shirts.
- Ensure that footwear is breathable but also suitable for playing in i.e. not sandals or crocs.
- Ensure children are wearing 24-hour sun lotion protection.
- That you have given permission via you Magic bookings permissions to allow staff to help with sun tan lotion where needed.
- That children have sun cream in their bags.
- Ensure that children come with a refillable water bottle.

How Smartkidz staff will ensure that children are kept safe during warmer weather.

- Windows are shut and blinds kept down to keep the room as cool as possible.
- Encourage children to keep drinking and have jugs of water inside and outside for children to fill their water bottles up with.
- Keep children in shaded areas outside and consider the amount of time children are outside for in full sunshine.
- Fans can be purchased for each setting to help keep children and staff cool.
- Be vigilant of signs of potential sun damage i.e. sunburn, heat exhaustion or heatstroke.

Common symptoms of heat exhaustion include:

- Tiredness
- Weakness
- Feeling faint
- Headache
- Muscle cramps
- Feeling or being sick
- Heavy sweating
- Intense thirst

Heatstroke is where the body is no longer able to cool down and the body temperature becomes dangerously high.

Common symptoms of heatstroke include:

- Confusion
- Lack of co-ordination
- Fast heartbeat
- Fast breathing or shortness of breath
- Hot skin that is not sweating
- Seizures

Heat stroke is a medical emergency, if you think someone has heat stroke you should dial 999 and then try to cool them down.

How to cool down if someone is having symptoms of heat exhaustion:

- Move to a cooler place such as a room with air conditioning or somewhere in the shade.
- Remove all unnecessary clothing i.e. jacket or socks.

- Drink cool water.
- Apply cool spray or cool, wet cloth to exposed skin and/or apply ice packs to the back of the neck or under armpit (wherever the child feels more comfortable).
- Call parents and suggest that the child is picked up.

For more information, please visit:

<https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice>

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