

HEAT LEVEL ACTION CHART

<p>Below 33°C Fatigue possible with prolonged exposure and/or physical activity.</p>	<p>33--40°C Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.</p>	<p>41--45°C Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.</p>	<p>above 46°C Extreme Danger: Heatstroke or sunstroke likely.</p>
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<p>Heat Index below 33°C</p>	<p>The following actions are standard practice for all UNIS Outdoor Activities</p> <ul style="list-style-type: none"> ● Recommended water breaks every 30 minutes. ● The School shall provide adequate water supply at all teaching stations. ● Staff should inform students to apply sun lotion before lessons, games and activities. ● Students should be encouraged to wear hats in MS and HS and compulsory in ES for recess, lunch, PE lessons ● All athletes and students should bring water bottles to trainings and PE classes ● Where possible spend transitions, rest periods and direct teaching moments in shade provided around facilities. ● Students that want to take a break should do so at any time. ● Staff to watch/monitor players carefully.
<p>Heat Index 33--40°C</p>	<p>All actions as per Heat Index Ratings under 33--40°C additionally:</p> <ul style="list-style-type: none"> ● Recommended water breaks every 20 minutes. ● During competitive and training matches, students should be rotated out on a regular basis ● Staff identify students who present a higher risk of suffering from heat related illnesses and provide these students with an alternative to training in heat ● Staff should brief students of increased risk at beginning of practices and lessons of increased heat illness risk within and above this zone. ● Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse ● Misting Fans/Iced Towels should be utilized for outdoor activities ● Suggestion is that lessons take place in shade as much as possible ● Modify training and/or games to allow for regular hydration and rest

<p>Heat Index 41--45°C</p>	<p>All actions as per Heat Index Ratings under 41--45°C additionally:</p> <ul style="list-style-type: none"> • Recommended water breaks every 15 minutes • Staff should clearly brief students of extreme risk of heat illness within this zone and exclude students who have not hydrated throughout the day. • Outside activities with a high physical exertion nature moved to shaded areas where possible or indoors • Lessons should be moved to shaded areas or indoors where possible • Students showing signs and symptoms of heat related illness should withdraw from the activity and be escorted to the nurse • Electrolyte consumption should be encouraged and utilized for athletes practicing and competing in this zone • Maximum duration of exposure in this temperature is one hour. • Practices and other activities can be cancelled at the discretion of the Athletics Director, Head of School, Secondary or Elementary Principal.
<p>Heat Index above 46°C</p> <p>Heat Stroke Imminent & Extreme Risk</p>	<ul style="list-style-type: none"> • All non airconditioned activities are cancelled