



# **EXTREME WEATHER POLICY**

**Reviewed September 2025**



## Heat

When children are exposed to heat whilst taking part in physical activity outdoors, there are certain requirements which should be managed by staff to ensure the safety of all concerned.

Use the table below as a guide for giving breaks during certain temperatures.

Sessions lasting up to 1 hour	
Temperature (Celsius)	Breaks (water and shade)
25 - 26	2 x 5-minute breaks
27 - 28	3 x 5-minute breaks
29 - 30	4 x 5-minute breaks
31+	NO ACTIVITY OUTSIDE

Children should be encouraged to wear a hat and apply sun cream when temperatures reach 25 degrees.

Water bottles need to be taken outside and left in a shaded area before refilled during the breaks.

## Inclement Weather

For this policy different terms and levels of precipitation will determine the action.

- Drizzle – activity to begin or continue the playground and grass if safe to do so
- Light Rain – activity to begin or continue ensuring children are wearing jackets
- Heavy Rain or sleet – activity to begin or commence indoors
- Thunder and Lightning – activity indoors. Under no circumstances should the activity be outside.
- Hail – activity indoors
- Fog – if visibility is less than 30m (netball court gauge) then activity indoors

## Cold Weather



## SCHOOL SKIPPING

### Sessions lasting up to 1 hour

Temperature (Celsius)	Action
11+	Activity outdoors KS2 option of jackets, glove and hats KS1 must begin with a jacket/coat and the option of gloves and hat
7-10	Outdoors all participants MUST wear a jacket/coat. Gloves and hat advised
5-6	KS2 outdoors with jacket/coat and hat KS1 outdoors with jacket/coat and hat. Ensuring activity is physical throughout.
Below 5	NO ACTIVITY OUTSIDE