



Sports Day Hot Weather Mitigations

The weather forecast indicates that temperatures are expected to be high on Sports Day. The health and wellbeing of our children and staff remains our highest priority, and we have put a number of measures in place to ensure everyone can enjoy the day safely.

Our arrangements include:

We will closely monitor the weather forecast before and throughout the day and will adapt the programme if conditions become too hot.

Staff will regularly remind children to drink water, with frequent water breaks built into the schedule.

Children should bring a clearly named water bottle, which can be refilled throughout the day.

Activities will be adapted where necessary to reduce the intensity and duration of physical exertion.

Children will have regular opportunities to rest in shaded areas between events.

Gazebos, canopies or other shaded spaces will be available where possible.

Staff will encourage children to wear sun hats whenever they are not participating in an event.

We ask that children arrive wearing sunscreen, and children may reapply sunscreen during the day

Children will not be expected to remain in direct sunlight for extended periods.

Staff will be vigilant for any signs of heat-related illness, such as dizziness, headache, unusual tiredness or nausea, and will respond immediately if any child becomes unwell.

The timetable may be shortened, amended or events postponed if temperatures rise beyond a safe level.

Any child who feels too hot or unwell will be encouraged to stop participating and rest—participation is never compulsory.

We ask parents to ensure children wear lightweight PE clothing and suitable footwear.

By working together and following these precautions, we can help ensure that everyone has a safe, enjoyable and successful day.

Please be assured that if weather conditions become unsafe, we will not hesitate to amend, shorten or postpone the event. Children's safety will always be our first priority.