Phoenix Youth Provision

Outdoor Heat-Risk Guide for Young People

Purpose

To protect young people during hot weather by providing clear, simple thresholds for modifying or cancelling outdoor sport and high-intensity activity.

1. Temperature Thresholds & Required Actions

≤27°C — Normal Conditions (with hydration focus)

- Outdoor sport permitted.
- Encourage regular water breaks.
- Monitor children with asthma, ADHD medication, or known heat sensitivity.

28–30°C — High-Risk Zone (Modify Activities)

Risks: faster overheating, reduced sweat efficiency, behavioural dysregulation.
Actions:

- Switch to **low-intensity** activities only.

Mandatory shade breaks every 10 minutes.

- No full-pitch football, no continuous running drills.
- Provide water at every break.
- Stop immediately if any child reports dizziness, nausea, headache, or "feeling weird".

31–32°C — Very High Risk (Cancel Vigorous Sport)

Actions:

- Cancel football, tag, athletics, or any running games.
- Move sessions indoors or to shaded, low-intensity alternatives.
- Increase supervision for heat-stress symptoms.

Actions:

- No outdoor sport or high-intensity activity.
- Indoor, cooled, or shaded alternatives only.
- Consider early closure if indoor temperatures also exceed safe limits.

2. Heat-Stress Symptoms Staff Must Act On Immediately

- Headache
- Dizziness or confusion

- Nausea or vomiting
- Hot, red, dry skin
- Rapid breathing or heartbeat
- Sudden behavioural changes (irritability, withdrawal, agitation)

Action: Stop activity → move to shade → provide cool water → monitor → call 999 if symptoms escalate.

3. Hydration Protocol

- Water available at all times.
- Mandatory drink breaks every 10 minutes from **28°C upward**.
- No energy drinks for under-18s.
- Encourage light-coloured, loose clothing.

4. Environmental Factors That Increase Risk

Even at lower temperatures, risk increases when:

- High humidity
- No shade
- Dark tarmac or artificial turf
- Heavy kit (football boots, shin pads)
- Poor air movement
- Children are taking stimulant medication

5. Quick Decision Table

Temperature	Risk Level	Action
≤27°C	Low	Normal session + extra water
28–30°C	High	Modify activity, shade breaks every 10 mins
31–32°C	Very High	Cancel vigorous sport; low-intensity only
≥33°C	Extreme	Cancel all outdoor sport