



How to *cool down* your school

A practical heat mitigation guide for safer, healthier learning environments

Why heat matters in schools



Extreme heat can affect concentration, comfort, attendance, and overall well-being.



School buildings often heat up unevenly, and some students and staff are more vulnerable than others.

Goal:

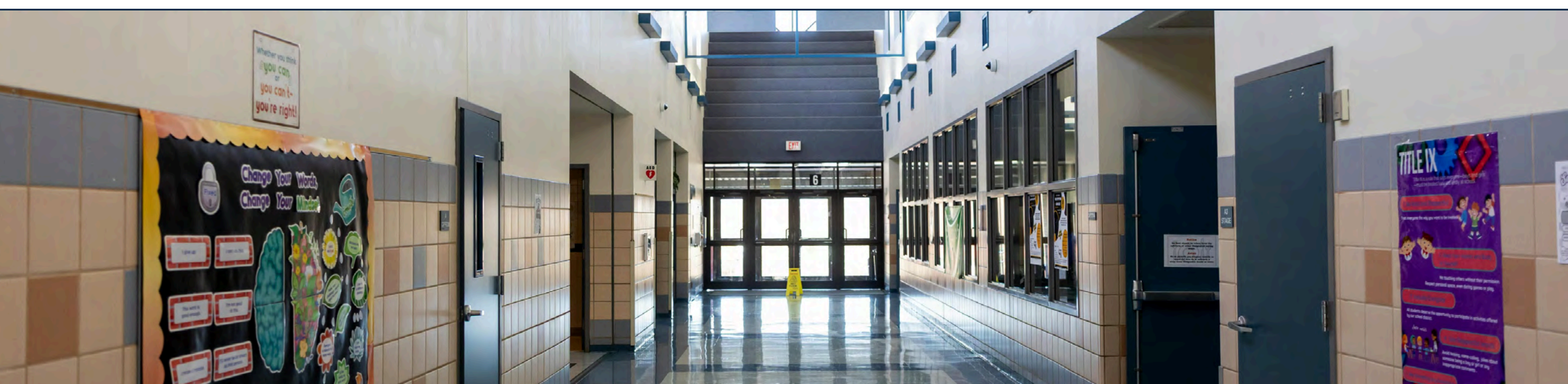
Reduce health risks while supporting comfort, learning, and resilience through low-, medium-, and high-cost strategies.

Heat is not only an outdoor issue

01 Sun exposure, poor shading, and hot upper floors can raise **indoor temperatures**.

02 Older buildings may **lack cooling equipment** or flexible ventilation options.

03 Heat often intersects with **equity**: not every school has the same resources, and not every student has the **same protection at home**.



Before a **hot** day: quick readiness checklist



Hotter Classrooms

Check classroom temperatures and identify hotter rooms.



Staff Awareness

Notify staff about schedule adjustments, outdoor activity limits, and signs of heat illness.



Cooling Facilities

Confirm water access, cooling spaces, and fan/ventilation plans.



Students with Needs

Pay extra attention to students with health conditions, mobility needs, or limited cooling at home.

When symptoms are severe, move the person to a cooler space, provide water if appropriate, and seek medical help right away.

Heat-related illness warning signs

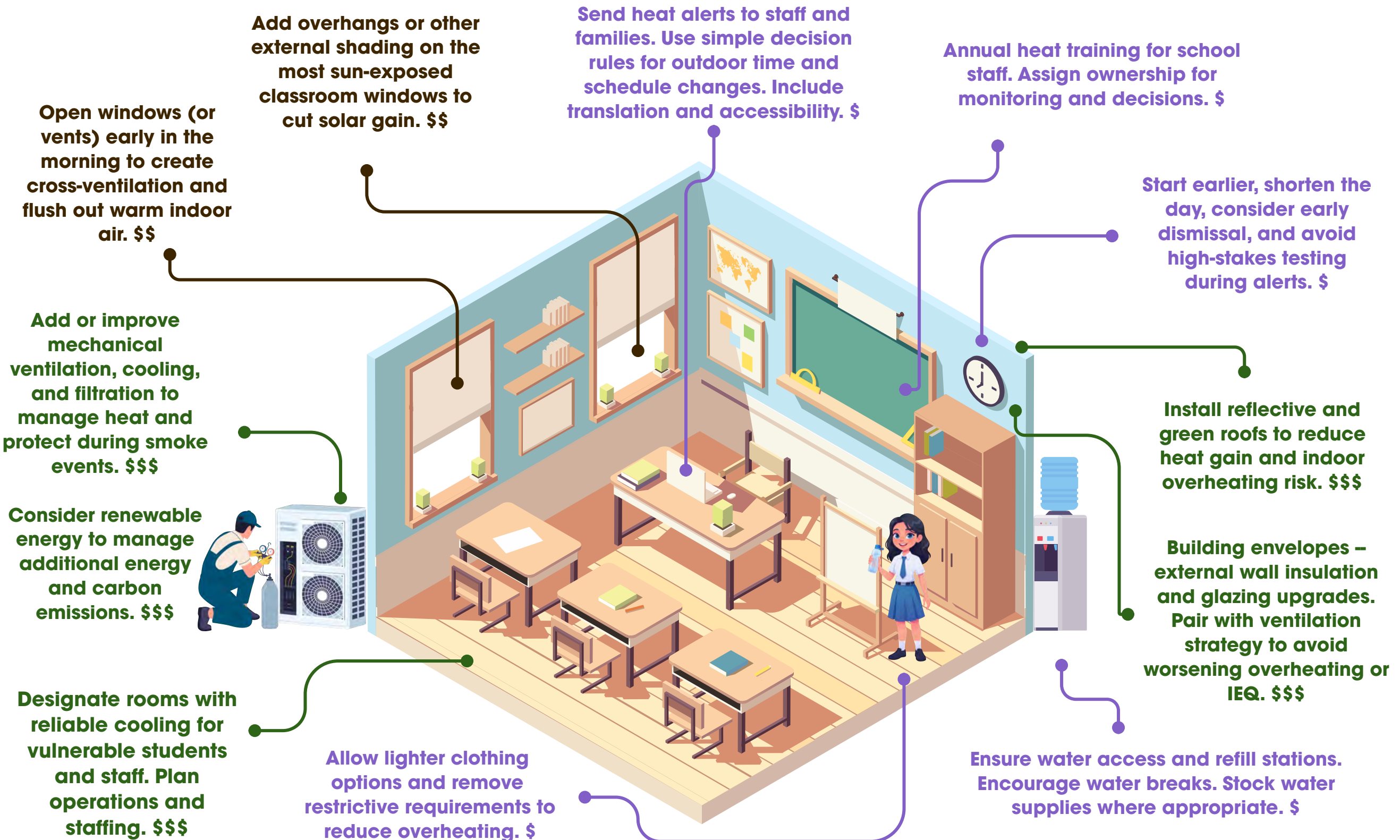
- Dizziness
- Nausea
- Hot/Flushed Skin
- Fainting
- Headache
- Unusual Fatigue
- Rapid Breathing
- Vomiting - respond immediately

How to *cool down* a classroom

Low Cost Strategies \$

Medium Cost Strategies \$\$

High Cost Strategies \$\$\$



How to *cool down* a playground

Low Cost Strategies \$

Medium Cost Strategies \$\$

High Cost Strategies \$\$\$

Increase tree canopy in play areas and along routes. Plan for irrigation, maintenance, and long growth times. \$

Move recess and PE to cooler times. Reduce intensity. Rotate to indoor options. Prioritize shaded zones. \$

Direct children toward shade as temperature rises. Organize high-activity games in shaded areas. \$

Close or time-limit small enclosed play structures on hot, sunny days. \$

Redesign surfaces, shading, and circulation to reduce exposure while supporting safe activity. \$\$\$

Select light color schemes for equipment materials and avoid metal slides. \$\$\$

Install shade sails or canopies over play structures, seating, and queuing areas where children gather. \$\$

Shift play layouts so high-activity areas are in shade. Use portable shade for flexible deployment. \$\$

Create shaded outdoor rest zones near cold drinking water sources. Provide seating and supervision plans. \$\$

