

Points to Notes for Physical Activities in Hot and Humid Weather

I. Teaching Considerations:

Vigorous or prolonged physical activities in hot and humid environment can lead to heat cramps, heat exhaustion, heat stroke or even fatal in severe cases. Participants should always be mindful of their physical condition, especially under very hot weather or extremely hot weather (temperatures 35 degrees or above), replenish water timely and take necessary precautions measures against hot weather. Teachers should also take note the following:

1. Take note of the relevant weather warnings, special weather tips and the Hong Kong Heat Index, and make appropriate adjustment and arrangement for the activities.
2. Remind students to replenish water timely and take necessary precautions measures against heat before, during and after the activity, including wearing light-coloured and loose-fitting clothing.
3. Be vigilant always for sign/symptom of discomfort in students due to heat and promptly take appropriate measures such as resting in a shade or cooler place, replenish water, seek medical support immediately, etc.
4. Remind students to stay vigilant always to their physical condition. If they feel unwell, they should stop the activity immediately, rest in a shade or cooler place as soon as possible, and seek help immediately.
5. Arrange sufficient warming up exercise for students prior to the activity, and the practice should be arranged progressively for acclimatisation.

6. Arrange appropriate rest periods at regular intervals to avoid over exertion of students.
7. Be vigilant and avoid prolonged sun exposure of students to prevent heat stroke or discomfort caused by heat when the “Very Hot Weather Warning” (temperatures 33 degrees or above) is in force, or when there is prolonged heat, or when the weather is extremely hot. Remind students to stop the activity if sign/symptom such as dizziness, headache, nausea, shortness of breath or confusion occurred, take rest in a shade or cooler place, seek help immediately and seek medical advice as soon as possible.
8. Schedule outdoor activities in the morning or later in the afternoon as far as possible. Under the extreme hot weather, vigorous physical activities should be avoided.
9. Remind students to replenish water timely during indoor activities.

II. Sports competitions / Outdoor Education Camp

Take note of relevant guidelines, including “Guidelines on Outdoor Activities” and the activity arrangements developed by the organisers/camps for different weather conditions, and make appropriate contingency measures to ensure student safety. In the event of special weather conditions, schools should inquire with the organisers/camps for the latest information and duly notify the relevant parties (e.g. parents and students) of the arrangement.

III. Relevant Websites

1. Hong Kong Observatory – “Actions to be taken for Very Hot Weather Warning” <https://www.hko.gov.hk/en/wservice/warning/coldhot.htm>
2. Department of Health – “Beware of Heat Stroke” <https://www.chp.gov.hk/en/static/90064.html>