



Hot Weather and Dry Conditions: Top Tips

Top Tips for School Games Events Following Hot Weather and Dry Conditions



As schools return following an exceptionally hot and dry summer, it is important to take a few simple steps to ensure that any School Games activity remains safe, enjoyable and inclusive for all young people.

The following practical considerations are intended to support planning and delivery alongside any sport-specific guidance issued by National Governing Bodies.

Encourage schools to use these considerations alongside local risk assessments and any relevant National Governing Body guidance when planning extra-curricular sport and physical activity opportunities this autumn.

Think flexibility rather than cancellation.

Creative adaptations, alternative formats and sensible planning can help ensure that young people continue to access high-quality sporting opportunities, whilst remaining safe, active and engaged.

Please note: These are practical considerations rather than formal health and safety guidance. They do not replace the policies, risk assessments or insurance requirements of schools, trusts, employers, host sites or facility providers, or the relevant sport-specific guidance issued by National Governing Bodies.



1 Check Before You Play

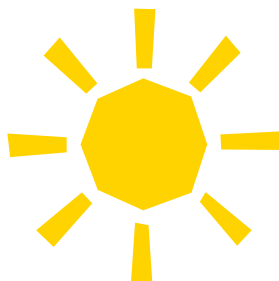
Before each event, take a few moments to check the latest weather forecast, the activity area and identify any potential risks.

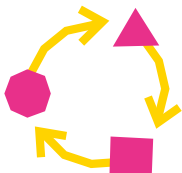
Consider

- Hard or compacted surfaces
- Cracks, holes or uneven ground
- Worn or high-use areas
- Any hazards that could affect safe participation
- The latest weather forecast, including temperature, rainfall, thunderstorms and UV levels.

A pitch or playing area may look dry or brown but can still be suitable for activity. Decisions should be based on the condition of the surface rather than its appearance alone.

Any decision to use a facility should be made by the responsible school, host site or facility provider through its usual risk-assessment procedures.





2 Adapt Activities Rather Than Cancel

Where conditions present challenges, consider adapting activities to maintain participation.

Options may include:

- Prioritising skill development and practice activities
- Introducing small-sided games
- Using non-contact formats where appropriate
- Adjusting session intensity and duration.

A different activity is often better than no activity at all. Keeping children active and engaged should remain the priority if it is safe to do so.



3 Ease Young People Back Into Activity

Many participants may be returning to organised sport following the summer break.

Consider:

- Gradually increasing activity levels
- Allowing time to rebuild confidence and fitness
- Prioritising enjoyment and participation before competition.

A measured return to activity can help promote positive experiences and support participant wellbeing.



4 Keep Hydration, Sun Protection and Wellbeing a Priority

Although temperatures may begin to fall, hydration, sun protection and participant wellbeing should remain key considerations. Check the weather forecast and UV level when planning outdoor activity.

Remember to:

- Encourage participants to bring a clearly labelled water bottle
- Schedule regular hydration breaks
- Use or create shaded areas where possible
- Where UV levels are high, remind schools in advance that participants should arrive with appropriate sun protection, including a sun hat and sunscreen applied in line with their school or organisation's policy
- Encourage SGOs, teachers, coaches and other adults to lead by example by wearing sun hats and applying sunscreen
- Look out for signs of fatigue, overheating, sunburn or discomfort – this is everyone's responsibility.

Planning for hydration, sun protection and changing weather conditions will help keep everyone safe and comfortable throughout the event.



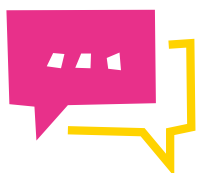
5 Be Flexible With Facilities and Activities

Where outdoor spaces are under pressure, explore alternative options.

This might include:

- Using alternative activity areas
- Accessing indoor spaces where available
- Rotating activity locations to protect playing surfaces
- Offering alternative activities that better suit the environment.

Flexibility can help maintain participation whilst supporting the long-term condition of facilities.

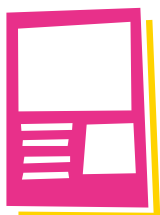


6 Communicate Early and Clearly

Where changes are required, communicate them as early as possible with schools, participants, parents, staff/coaches and partners.

Clear communication can:

- Help manage expectations
- Reduce disruption
- Support confidence in decision-making
- Ensure everyone understands the reasons for any adaptations.



7 Follow Sport-Specific Guidance

Where activities involve a specific sport, always refer to the latest guidance from the relevant National Governing Body and local facility providers.

Sport-specific guidance should be used alongside these general considerations when planning activity delivery. School Games activity should also follow the relevant National Governing Body's School Games format and associated safety guidance.

Keep children active, prioritise safety, adapt where needed and focus on participation. By checking facilities, staying hydrated and making sensible adjustments, schools can help young people enjoy a positive return to sport this autumn.

Developed with advice and contributions from the Association for Physical Education (afPE) Health and Safety Team.