

All Weather Outdoors

Cawdor Primary School recognises the importance of outdoor learning and play in supporting children’s physical health, mental wellbeing, and engagement with learning. We are committed to ensuring children can safely access outdoor environments throughout the year, both as part of their curriculum learning, and their unstructured play.

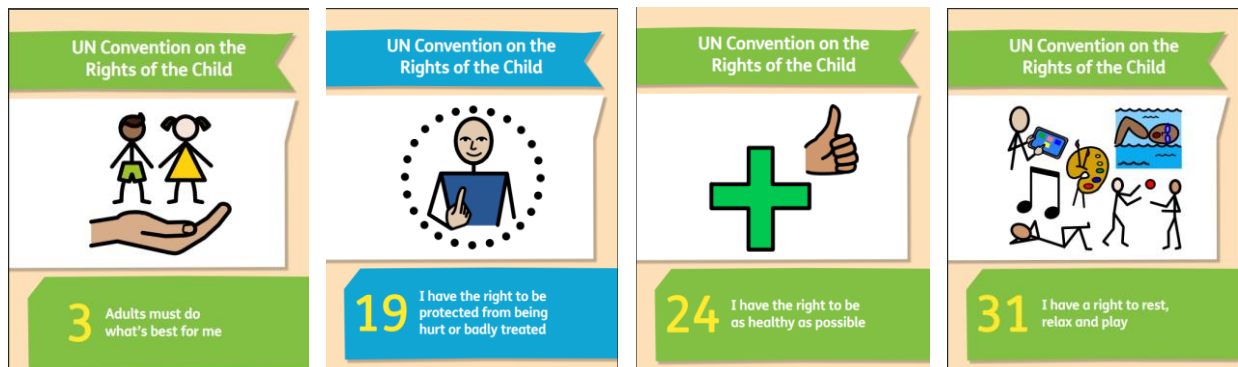
Scotland’s climate brings varied weather conditions. **All Weather Outdoors** sets out how we safely manage sun, rain, snow, and ice through a shared approach between children, families, and staff, ensuring that children’s wellbeing needs are met.

All Weather Outdoors is supported by:

- [Cawdor’s Way to Wellbeing](#)
- [Cawdor’s Child Protection and Safeguarding Policy and Procedure](#)

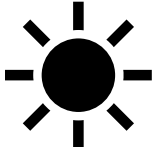

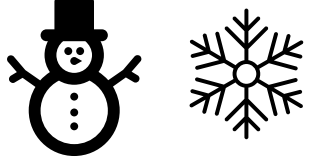
The following United Nations Convention on the Rights of the Child (UNCRC) articles have been identified:

- **Article 3:** Adults must do what’s best for me
- **Article 19:** I have the right to be protected from being hurt or badly treated.
- **Article 24:** I have the right to be as healthy as possible
- **Article 31:** I have the right to rest, relax and play.



It is our shared aim that we:

- enable safe outdoor learning in all seasons;
- minimise weather-related risks (including UV exposure);
- promote children’s independence and resilience;
- have agreed expectations for children, families, and staff for navigating:

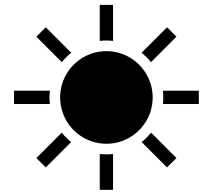
Sun & UV	Rain	Snow and Ice
		




Sun Exposure and UV Safety

Ultraviolet (UV) radiation can damage skin and eyes and increases the risk of long-term health issues. Importantly, UV risk is not linked to temperature.

Exposure can be on cool or cloudy days.

- UV levels typically peak between 11am and 3pm
- High UV can typically occur in Scotland between April and September
- Cloud cover does not fully block UV radiation
- Surfaces (e.g. water, sand, light ground surfaces) can reflect UV.






<p>Children are Responsible</p> 	<ul style="list-style-type: none"> ▪ Wear a sun hat during sunny/ UV risk periods ▪ Use shaded areas when directed ▪ Drink water ▪ Apply their own sunscreen, with adult support where required ▪ Reduce running/ activity if instructed ▪ Tell an adult if they feel: <ul style="list-style-type: none"> ○ Too hot ○ Dizzy or tired ○ Sunburnt or uncomfortable
<p>Families are Responsible</p> 	<ul style="list-style-type: none"> ▪ Apply sunscreen before school on all areas that have the potential for sun exposure: minimum SPF 30 (recommended SPF 50) with broad-spectrum (UVA/UVB protection) ▪ Provide labelled sunscreen for reapplication ▪ Ensure children have: <ul style="list-style-type: none"> ○ Sun hat ○ Light, breathable clothing, which is appropriate for the location. E.g. in school playground wearing an item that covers the shoulders, or at the beach a swim vest may be appropriate. ○ Water bottle (essential daily) ▪ Encourage understanding of sun safety
<p>Staff are Responsible</p> 	<ul style="list-style-type: none"> ▪ Check daily UV Index forecasts when outside (e.g. Met Office guidance) ▪ Adjust outdoor activities in response to UV level: <ul style="list-style-type: none"> ○ UV 0–2 (Low): Normal precautions ○ UV 3–5 (Moderate): Hats, hydration encouraged ○ UV 6–7 (High): Increased shade use, reduced exposure ○ UV 8+ (Very High): Limit time outdoors, prioritise shade ▪ Ensure: <ul style="list-style-type: none"> ○ Use of shaded areas (natural or built) ○ Regular hydration breaks ○ Appropriate clothing is worn ▪ Support younger children with sunscreen ▪ Reduce intensity/ duration of physical activity ▪ Monitor for: <ul style="list-style-type: none"> ○ Sunburn ○ Dehydration (dry lips, tiredness, headaches) ○ Heat exhaustion (dizziness, nausea)

Rain Exposure

Scotland's weather means that rain never seems to be too far around the corner. We want to ensure that children can access the outdoors, whatever the weather, so it's important that children are prepared for exposure to rain.






<p>Children are Responsible</p> 	<ul style="list-style-type: none"> ▪ Have a waterproof jacket with them each day ▪ Have a change of shoes in school that can be worn in classrooms and the hall, e.g. plimsolls or non-marking trainers ▪ Move safely outdoors, following the instructions of the adults ▪ Wear appropriate footwear each day for being outdoors in the rain
<p>Families are Responsible</p> 	<ul style="list-style-type: none"> ▪ Provide children with a suitable waterproof jacket that is appropriate for the time of year ▪ Provide children with appropriate shoes to be outdoors in the rain ▪ Provide children with appropriate footwear that can be left in school, e.g. plimsolls or non-marking trainers ▪ Provide a change of clothes in children's bags
<p>Staff are Responsible</p> 	<ul style="list-style-type: none"> ▪ Encourage wearing of suitable clothing during rain. Make contact with families when children do not have the appropriate clothing ▪ Risk assess outdoor spaces that are to be used for slip and trip hazards ▪ Supervise children's play and learning outdoors, making weather adjustments as required

Snow and Ice Exposure

The snow and the ice in winter (and sometimes spring) can provide lots of fun for children but also come with their dangers. Together we can ensure that children are prepared to be outside in the snow and ice.



<p>Children are Responsible</p> 	<ul style="list-style-type: none"> ▪ Come to school adequately dressed for snow, ice, and colder temperatures – this should include a warm jacket, hat, gloves, and appropriate footwear ▪ Follow the safety instructions shared by adults ▪ Report if they are feeling very cold to an adult
<p>Families are Responsible</p> 	<ul style="list-style-type: none"> ▪ Provide children with suitable clothing and footwear to be outdoors in the snow, ice, and colder temperatures – this should include a warm jacket, hat, gloves, and appropriate footwear
<p>Staff are Responsible</p> 	<ul style="list-style-type: none"> ▪ Encourage the wearing of suitable clothing in the snow and ice. Make contact with families when children do not have appropriate clothing ▪ Risk assess outdoor spaces that are being used for hazards ▪ Supervise children's play and learning outdoors, making weather adjustments as required