

Sampford Courtenay Parish Council Local Heatwave Health Plan



As part of the Sampford Courtenay Parish Council Resilience Plan we aim to support and encourage community engagement within the policies to ensure increased safety and management of risks across the parish. This Local Heatwave Plan is one example that seeks the support of Parishioners to take precautions to help themselves and their neighbours in the ever increasing likelihood of a heatwave.

It aims to prepare the community for hot weather by alerting them and recommending a series of steps to reduce the risks from prolonged exposure to health and prevent the major illness or even death effects on health during periods of severe heat and offer support and signposting to resources for those in need.

It is important to know that this plan links directly to the National plan through our Borough and Principle Authorities who will follow the Government Heatwave Plan which has 4 levels.

These levels are:

Level 0 Long term planning – should take place all year

Level 1 Heatwave and summer preparedness – the plan is live between 1st June – 15th September

Level 2 Heatwave is forecast – alert and readiness – when there is a 60% risk of heatwave

Level 3 Heatwave action – temperature reached the limit to trigger the plan

Level 4 Major incident – emergency response – in the event of severe or prolonged heatwave affecting sectors other than health

A heatwave is declared when the threshold temperature of 32° is reached during the day and 18° at night over two consecutive days

Key to this plan is for parishioners to be self aware and prepared. View this [Met Office](#) advice.

The key points of contact for the local community are SCPCouncillors. SCPC maintains a register of the local volunteers who assist to support local action when required and could be used to support action if required by this plan. We will arrange appropriate briefings and register volunteers for Sampford Courtenay's Parish Council's public liability insurance.

| NAME | CONTACT | NAME | CONTACT | NAME | CONTACT |
|----------------|-------------------------------|------------------|--------------------------------|------------------|-----------------------------|
| Malcolm Harris | Parish Clerk | Philip Collins | Clr Collins | Victoria Smedley | Clr Smedley |
| Michele Wilson | Clr Wilson | James McIlwraith | Clr McIlwraith | Tom Squire | Clr Squire |
| Mike Carpenter | Clr Carpenter | Joe Moesel | Clr Moesel | Andrew Green | Clr Green |

| Parish Heatwave Plan Implementation | |
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| 1 | Pre Heatwave Activity |
| 1.1 | Prolonged extreme hot weather can have affects on health and certain infrastructure. The Parish Council will have responsibility monitor forecasts and advice from Public Health England who provide a heat watch service, according to forecasts provided by the Met Office and update the plan as necessary. |
| 1.2 | Training sessions and appropriate briefings will be arranged for volunteers including a regular review of our H & S risk assessment. Anyone interested in volunteering please contact the Parish Clerk by emailing Malcom Harris <clerkscpc@gmail.com> |
| | Action SCPC to actively canvas for volunteers |
| 1.3 | Publish advice on self preparedness and review the plans risk assessment on a regular basis. |
| | Please refer to Appendix A - Helping yourselves to be prepared. As well as viewing the 30 Days 30 Ways summary held on the Parish Resilience web page - Action for all Parishioners |
| 2 | Action after Heatwave Warning is issued |
| 2.1 | The Parish Council will initiate a briefing report to circulate to parishioners via established communication protocols both digital and paper format. |
| 2.2 | The Parish Council will initiate contact with any Parishioner registered as vulnerable with the clerk to ensure relevant services can be signposted and support gained where required. |
| | Any parishioner who would like to register for support just complete this form Request for assistance form and return to Malcolm Pratt <clerkscpc@gmail.com> |
| 3 | During prolonged Heatwave Disruption to the Parish |
| 3.1 | The Parish Council will initiate the Emergency Management Team (EMT) to consider what support can be given when parishioners are impacted by restrictions caused by the Heatwave. The log at appendix B will be maintained to record actions and decisions made. See Overarching resilience plan for details of the EMT. |
| 3.2 | SCPC will liaise with Local Resilience Forum Members to obtain relevant local information and actions regarding measures being taken to manage the impact ie rationing of water, power outages, disruption to transport networks etc. |
| 3.3 | Implementation of the overarching emergency plan will be considered regarding the safety and wellbeing of parishioners during extended heatwave disruption. |

Make sure you know what to do in a Heatwave

Leading health organisations across the UK recommend:

- Try to keep your house cool, closing blinds or curtains can help.
- At night, keep your sleeping area well ventilated. Night cooling is important as it allows the body to recuperate.
- Try to stay cool by taking cool showers or baths and/or sprinkle yourself several times a day with cold water.
- Avoid too much exercise when very hot, which can cause heat exhaustion or heat stroke, and watch for signs of heat stress - an early sign is fatigue.
- Drink plenty of fluids, but not alcohol, which dehydrates the body.
- Try to eat as you normally would. Not eating properly may exacerbate health-related problems.
- Keep your vehicle well ventilated to avoid drowsiness. Take plenty of water with you and have regular rest breaks.
- If you have vulnerable neighbours who may be at risk during a heatwave, try to find out if someone is already looking after them or if they would like you to ring them daily.
- If you do go out for exercise or into your garden, try to avoid the hottest part of the day (11 am to 3 pm) and seek shade where possible. Avoid being in the sun for long stretches. Wear lightweight, light-coloured clothing, high factor sunscreen and a wide-brimmed hat.
- The UV index (the strength of the sun) can be high at many times of the year - it doesn't have to be hot. The UV index can be strong through cloud even when the sun isn't directly shining.
- Reapply an appropriate factor sun cream at regular intervals during the day.

Never leave children or animals in parked cars. Even on cool days, strong sunshine can make car interiors very hot.

Additional useful information and advice with links

- [Sign up for severe weather alerts](#)
- [Animal welfare advice for summer](#) – RSPCA guidance on keeping pets safe in hot weather.
- [Heat-health alert](#) – Met Office information available 1 June-15 September.
- [Heatwave: how to cope in hot weather](#) – guidance from NHS Choices.
- [Protect your business](#) – how to prepare a business continuity plan to help in the event of extreme weather.
- [UK weather forecast](#) – Met Office information.
- [Workplace temperatures](#) – guidance from GOV.UK on employers' responsibilities.

