

# Elizabeth O'Grady Kindergarten Policies & Procedures

10 Charles Sturt Ave Grange SA 5022, 8356 8035

## Hot Weather Policy

The preschool has, in consultation with the governing council, developed a hot weather policy which outlines how our site will reduce the risk of heat illness to young children during hot weather.

The policy recognises that children are at a greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences.

*"Children sweat less and get less evaporative cooling than adults. In warm and hot weather, they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults"*

Source "Sports Medicine Australia"

The hot weather policy will apply when the temperature is predicted to reach 35 degrees or above.

### Policy

In order to reduce the risk of heat illness in young children our site will put into place the following strategies which comply with recommendations by the Cancer Council of SA:

- **Shade:** Our outdoor environment provides ample shade for children to play throughout the day. We have a large veranda which also covers the sandpit and we have a large number of trees, especially a large tree in the central courtyard which provides shade all day. On days where the temperature is going to be on or over 35 degrees we will only put equipment in shaded areas and children will be instructed to stay in the shade.
- **Drinks:** All children are encouraged to bring their own water bottle each day. The kindergarten provides filtered water accessible to children so they can easily refill their drink bottles. Children are encouraged to drink regularly during the day, especially at snack/meal times. Educators model good practice to children and drinking water is part of our regular talks on keeping our bodies safe and healthy.
- **Clothing:** Every child is required to bring a broad brimmed hat to kindergarten each day. Play out of the shade is only allowed if children are wearing hats. Our parent information book (provided to each family on enrolment) asks parents to provide children with sun safe clothing.
- **Sunscreen:** We ask parents to apply sunscreen to their child before they come to kindergarten. Staff will then reapply a broad spectrum, water resistant sunscreen with an SPF of 30+ at lunch time.
- **Lunch:** Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. The trolley for lunches is brought inside by around 9.15 and stored in a cool dry area.
- **Play surface:** Under our swings we have a surface which can become hot. This could cause problems if children have bare feet. We will remove the swings on days where the surface is getting dangerously hot.
- **Air conditioning:** Our site is fully air conditioned.
- In the event of inadequate provision of cooling (**breakdown of air-conditioning, power failure**) when temperature is 36 degrees or above, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.
- On planned **excursions** the temperature may need to be taken into account- if 35 degrees or over the excursion will need to be cancelled.
- **Staff** are expected to monitor their own safety on hot days and will take turns being outside with the children to ensure their personal safety.

### Concluding statement

This policy has been developed by the Governing Council, and will be reviewed and evaluated regularly by both Staff and Governing Council and modified as required to ensure continued relevance for the Centre.

This policy was endorsed by the Governing Council on 4/8/2020

Director: Kellie Holbrook

Chairperson: Kerri Reynolds

Review date: Term 2 2023