

## Hot Weather Policy

**Rationale:** *Children are at a greater risk of suffering from heat illness than adults.*

"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*

Acacia Kindergarten's outdoor area has many large trees and structures which provide shade to most areas during the day. During periods of hot weather the following **strategies have been developed to reduce the risk of heat illness** in young children:

- Activities conducted in periods of hot weather, especially in the middle of the day, are to be undertaken in **shaded areas**.
- Children are to be frequently reminded to **drink water** from their water bottles or from the water container, which is always accessible to children.
- The Centre is **air conditioned** and is serviced regularly. In the event that the cooling system breaks down, staff will plan for children to have water play under shaded areas.
- Parents are encouraged to pack food with an insulated brick or frozen water bottle to keep food cool.
- There is a fridge available for children to keep their lunches cool.
- Parents are encouraged to dress their children in **clothing** that minimises heat gain, in layers that can be removed and are **sunsafer**. (No tank tops, tops with shoe string straps or midriff tops)
- Educators will include in the program, **teaching strategies** that help children understand how to keep cool and safe in hot weather, eg drink lots of water, play in the shade, keep very active play to a minimum.

Sources: DfE "Guidelines for developing a Preschool Hot Weather Policy"  
Anti Cancer Foundation of SA.