



HOT WEATHER and SUNSMART POLICY

This policy recognises that children are at 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"

Crucial to this policy is:

- All employees, including leaders, must take reasonable care to protect their own health and safety and that of others in the preschool.
- All employees ensure strategies are in place to reduce the risk of heat illness or burn injuries.

At Berri Community Preschool we aim to keep everyone safe at all times and, in particular, during periods of hot weather. Reasonable steps will be taken to identify and manage risks, and every reasonable precaution will be taken to protect children from harm and hazards.

The preschool will:

- Provide a comfortable and safe environment for all children.
- Provide heating and cooling to maintain a comfortable temperature for all children. (Reverse cycle air conditioning is utilized as necessary all year round.)
- Seek sun protection advice from the Cancer Council of South Australia.
- Recognise the risk of heat stress is a factor of both air temperature and relative humidity levels.
- During hot weather, check all surfaces in the preschool ensuring children are not at risk of contact burn injuries.

Strategies to reduce the risk of heat illness will include:

- Shade: During periods of hot weather activities will be conducted in shaded areas.
- Drinks: Children will be required to bring a drink bottle containing water and children will be reminded to drink regularly. Staff will top up children's water bottles with water as necessary.
- Clothing: Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and in clothing that fits with our Sun Protection Policy.
- Lunch: Parents are encouraged to pack food in in a lunch box and a fridge is provided for storing all children's lunches.



At morning group time daily a check will be done on the UV rating using “Willy Weather” on the internet.

The following measures will apply on days when the UV radiation levels are high and when educators feel conditions warrant it:

- Modified outdoor activities will be offered to children in the morning. These will be located in shaded areas.
- Everyone will be expected to wear a hat outdoors when the UV levels are in the yellow, orange, red or purple areas.
- There will be no outdoor activities offered in the afternoon and children will remain indoors if the readings are extreme.

As our preschool has effective cooling we do not have an Early Dismissal Clause.

References

- Sports Medicine Australia
www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf
- DECD Guidelines for Developing a Preschool Hot Weather Policy
www.decd.sa.gov.au/childrensservices/pages/earlychildhoodreform/interactions
- National Quality Standards - Standard 2.3.2 Children’s Health and Safety
- Cancer Council of SA, refer to: www.cancersa.org.au/asp/sunsmart.aspx

This policy has been developed in consultation with the Governing Council, staff and families of the centre and will be reviewed and evaluated regularly and modified as required to ensure continued relevance for Berri Community Preschool. This policy will be shared with all new staff and families, and available on the website and in the preschool policies folder.

Policy Issued: November 2021

Policy Review Date: 2024