



HOT WEATHER POLICY

RATIONALE

This policy is aimed at reducing the risk of heat related illnesses to young children attending kindergarten.

Children are at greater risk of suffering from heat related illnesses 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."

AIMS OF HOT WEATHER POLICY

The strategies to reduce the risk of heat related illnesses will be employed at Dover Kindergarten in hot weather.

IMPLEMENTATION OF POLICY

Air conditioners and ceiling fans will be used inside to manage the temperature inside the building.

- **Shade:** We have both shade trees and 2 shade structures. In warmer weather, play activities will be placed under these trees, and areas of full sun will be avoided. We will also set up activities on the kindergarten verandah, and use temporary shade structures (e.g. marquees).
- **Vigorous physical activity** will be discouraged. Children will be encouraged to play predominately within the indoor and verandah spaces of the kindergarten.
- **Drinks:** Children will be encouraged to drink water regularly throughout their time at kindergarten.
- **Clothing :** Parents are requested to send children in cool clothing which is sun safe (see parent Information)
- **Lunch:** All lunches will be moved inside shortly after all children have arrived. Parents are encouraged to send ice packs with fruit snacks and lunch.
- When parents are dropping off or picking up children they are encouraged to wait indoors where it is coolest.
- In temperatures over 35 degrees Celsius, outside play will be restricted during the hottest part of the day.
- **Sunscreen:** See Skin Protection Policy.