

Gawler East Preschool

Hot weather and heat stress policy

This policy applies on and off site all year. It aims to ensure all children, staff and visitors are informed and protected as much as practicable from heat stress caused by the infrared (heat) rays from the sun.

Vigorous exercise places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke.

Hot weather

- When possible, breaks of inside play will be encouraged during hot or humid weather (over 38C or high humidity).
- Children and staff will be encouraged to have breaks from outside play on hot or humid days.
- When outdoors, hats must be worn to protect the head from the heat of the sun.
- On hot days many experiences indoors and out will include water for its cooling effects.
- Children and staff will be encouraged to have regular drinks of water.
- Parents should pack lunch and snacks with a small ice brick (see Healthy Eating Policy).
- During the hottest parts of the day, extra care will be taken – reducing play to cooler areas of the preschool.

On days where temperature exceeds 34C, staff will conduct touch tests to ensure exposed wood, metal and fake grass surfaces are safe for children to use. (Adults can hold hand on surface for a slow count to ten).

A note about Wet weather

Opportunities to explore outdoors in **all** types of weather conditions provide children with valuable learning experiences. At Gawler East Preschool we will allow access to the outdoor area in all weather conditions (unless unsafe such as extreme winds or lightning storms).

We encourage parents to dress children according to the weather and send along a raincoat and gum boots for rain.

Remember cold air does not make children sick – germs usually circulated in heated air do! ☺