

## Hot weather

Children are sensitive to hot temperatures and can become ill when overheated. Children absorb heat much more quickly and have greater difficulty getting rid of heat than adults therefore we need to ensure all children are provided with a comfortable environment to prevent heat illnesses such as dehydration, heat exhaustion and heat stroke.

At Mount Barker Kindergarten we:

- provide experiences inside or under shade on days of high temperature
- have purpose built outdoor play spaces with grass, sand, natural and constructed shade to provide cool areas for children to play
- provide drinking water which is easily accessible to children throughout the day
- recommend parents provide ice bricks in children's lunch boxes
- ensure children are dressed appropriately for the temperature
- provide air conditioning and ceiling fans for children, family and staff comfort
- provide water play for children on hot days
- recognise that it is not only the heat but humidity that can cause heat distress
- minimise excessive exercise such as running during times of high temperature
- provide rest periods for children and staff
- plan excursions and outings during the cooler months or postpone/ cancel events if temperature is too high
- plan outside play in the cooler parts of the day.

As Mount Barker Kindergarten is air conditioned we do not have an early dismissal time on days of high temperatures. In cases of blackouts or breakdown of air conditioning strategies such as cold flannels, blinds, fans (paper or cane) and water play will be used to help cool children. Parents may choose to keep their child home on extreme weather days, for instance when temperatures are over 36 degrees. If an excursion is planned and temperatures are to be in the extreme, staff will review the decision and notify parents via telephone if the excursion/event is to be postponed/ cancelled.

In cases of unforeseeable circumstances and air conditioning cannot be restored in a timely manner coupled with temperatures over 36 degrees the Kindergarten may close early to prevent child heat illnesses. Parents will be notified of this by telephone.

Please note: on declared 'catastrophic days' the kindergarten is **closed**.

Reviewed Feb 2017

Next Review October 2020