
HOT WEATHER POLICY

Rationale:

This policy aims at reducing the risk of heat illness to young children during hot weather. We recognise that children are at 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: Beat the Heat Fact Sheet, Sports Medicine Australia, last accessed on 15 October 2015 via <http://sma.org.au/resources-advice/policies-guidelines/hot-weather/>

Context: Pennington Children's Centre has a veranda, shade over the sand pit and decking area and some shade producing trees. However, the following strategies are implemented to reduce the risk of heat illness in young children:

SHADE

- Wherever possible, outdoor activity sessions will be held in shaded areas.
- All activities to be undertaken in shaded areas in periods of extreme hot weather.

CLOTHING

- Families are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that are sunsafe and protective.

DRINKS

- Water only: educators frequently encourage children to drink water as appropriate.
- All children must bring a bottle of water from home that can be refilled as necessary.
- Safe drinking water is accessible at all times.

FOOD

- Families are encouraged to pack children food in an insulated container with a frozen brick or frozen water. We will provide a cool place to store food (inside an air-conditioned space) and a fridge is available for parents to store food if necessary.

AIRCONDITIONING

- Staff to ensure air-conditioning units are effective and in good working order at all times. All units are serviced regularly by Spotless and if not functioning appropriately, staff will ensure contingency plans are in place to keep children cool.

This Hot Weather Policy supports Pennington Children's Centre's Skin Protection Policy.

This policy has been ratified by the Pennington Kindergarten Governing Council in October 2017.

This policy will be reviewed in October 2019 or when circumstances related to the programme warrant an earlier