



Hot Weather Policy

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.” Sports Medicine Australia

Site practices and strategies to reduce the risk of heat illness in children:

Our Sun smart Policy is implemented from August through to May. Outside of this time educators check that the U.V rays daily on the Bureau of Meteorology web site and apply the Sun Smart policy if the U.V ray level is 3 or above.

During times of *hot weather all outdoor activities will be scheduled before 10.00am and after 3pm or in the shaded areas of the garden. I.e. sandpit with the water course or under the shade with water play activities.

Inside spaces are well ventilated and are maintained at a temperature that ensures the safety and wellbeing of children and staff with fans and refrigerated air-conditioners.

Children and adults are encouraged and reminded to drink water throughout the day. Parents must provide a named water bottle that their child can manage independently. The water bottle is left inside on the shelf by the door so that water is accessible to children at all times.

Staff refill children’s water bottles throughout the day from our filtered water tap in the kitchen.

Parents must pack children’s food in insulated containers with a freezer brick or frozen water. All food is kept inside in the cool.

Parents are encouraged to dress children in clothing that minimizes heat gain, in layers that can easily be removed during the day and of a type that is sun safe.

Spray water containers are kept in the fridge so that children can cool themselves during times of extreme heat/ humidity. Flannels with cold water are also given to children as required.

Further provision for shade areas is a priority and planting of more trees.

Summer Playground inspection of hot surfaces:

Inspection should be undertaken daily by teacher in the afternoon to ensure the playground equipment surfaces are not hot for children to climb on. If they are, play on these surfaces will not be permitted and a stop sign and safety bunting tape will be erected over the area and play will be redirected to other safe areas.

Families will be encouraged inside for dismissal of their children.

Please also refer to our Sun Smart Policy regarding play outdoors during summer months.

This policy will be reviewed again at the end of August next year.

*Hot weather=36 degrees and above, but staff to use common sense- risk assessment, if the temperature is hot then this policy is applied even if is below this temperature.