



Sturt Street
Children's Centre
for Early Childhood
Development and Parenting



Hot Weather Policy

PURPOSE

It must be recognised that the risk of heat illness can be a factor of air temperature, air movement, radiant heat and humidity levels.

As young children are at more danger of suffering from heat related illness than adults, our purpose is to educate all carers and children about these risks to notice the signs of heat related illness and provide the appropriate steps to prevent heat illness in all children.

"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".

<http://sma.org.au/resources-advice/policies-guidelines/hot-weather/> (Sports Medicine Australia)

Temperatures will be monitored daily. If the temperature is above 30 degrees Celsius outdoor activity will be limited. If the temperature exceeds 36 degrees Celsius children will remain indoors. Individual needs will be taken into account

<https://www.cancersa.org.au/cut-my-risk/sunsmart>

<http://www.health.nsw.gov.au/Pages/default.aspx>

AIM

Our aim at Sturt Street Children's Centre

- To raise all staff awareness and responsibility about the prevention of heat illness. To do this we will:
 - o Educate staff, children and families about heat related illnesses.
 - o Make sound decisions to ensure children are protected from the heat
 - o Provide an environment that allows safe indoor and outdoor experiences throughout the year.

PROCEDURES

Clothing:

- Parents are encouraged to dress children in clothing that minimises heat gain. This includes layers that can be easily removed during activities, loose fitting clothes are best.
- Clothes must be sun safe:
- The UPF rating on many garments indicates how good the fabric is at blocking UVR but also consider the design. Shirts with long sleeves and high collars, hats that shade the face, neck and back of ears should be used"

www.arpansa.gov.au/radiationprotection/Factsheets/is-UVProtection.cfm

- We acknowledge that different children have different 'internal thermometers' which effect how they feel in different weather conditions. We will assess signs such as body temperature, appearance e.g. flushed, sweaty, to support children to add or remove clothing to assist them to be comfortable.



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Shade

- Children will be encouraged to avoid direct exposure to the sun during the hours when the heat is most of intense. Educators will direct children to play in shaded areas of the yard during these times, or inside.
- The Centre has adequate shaded and verandah areas where activities will be set up to minimise direct exposure to the sun.
- Educators will consider if it is appropriate for children to play outside during very hot weather.
- Particular care will be taken to prevent babies from being exposed to sun during hot weather

Play Areas

- Play safe/turf areas are tested by educators frequently during hot weather. Educators will test level of heat by placing hand on surface for the count of ten. The area will be out of bounds if too hot.
- Children will be encouraged to play in shaded and well ventilated areas during hot weather.
- Water play is used appropriately during hot weather e.g. in a suitable well supervised trough – sandpit and any cement or hot surface is sprayed with water to keep cool

Food and Drinks

- Intake of fluids is encouraged and monitored and will be documented if refused.
- Toddlers will be offered frequent drinks of water throughout the day as well as offered water at all snack and meal times.
- Drinking water is accessible to pre-school children at all times.
- Parents are encouraged to bring water bottles for their children which can be accessed at all times.
- Parents are encouraged when bringing food to pack food in insulated containers with freezer bricks. (Service provides meals and snack to children)

Curriculum:

- The Service will incorporate hot weather awareness activities in our teaching programs, featuring songs, rhymes and posters to educate children about the risks related to the heat.

Parents/Guardians/Caregivers

- The Service will provide information for parents/carers relating to heat, especially focussing on strategies to prevent heat illness such as sun stroke and dehydration.

Legislation

- This policy relates to the following National Law and Regulations:
- **Education and Care Services National Law Act 2010**
 - o Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
 - o Regulation 100 – Risk assessment must be conducted before excursion
 - o Regulation 113 – Outdoor space–natural environment
 - o Regulation 114 – Outdoor space–shade
 - o Regulation 168: Policies and procedures (2)(a)(ii)–sun protection.

National Quality Standards

- All of the following sun protection procedures link to:
- **Quality area 2: Children's health and safety.**
- There are also links to:
- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**



- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

Source:

Cancer Council South Australia – sunsmart@cancersa.org.au

Safeworkaustralia.gov.au/doc/guide-exposure-solar-ultraviolet-radiation-uvr

Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) arpansa.gov.au

Bureau of Meteorology (BOM) bom.gov.au/uv/index.shtml

National Quality Framework link:

Quality Area 2: Children's Health and safety: (Standard Element 2.1.3, 2.2.1, 2.3)

Quality Area 3 Physical Environment

Related sections of the National Law and National Regulations:

Regulation 168(2): policies and procedures are required in relation to health and safety including matters relating to sun protection.

Regulation 114: Outdoor space shade

Related policies

Sun Smart Policy

Extreme Weather Policy

Skin Protection Policy

Children's Clothing Policy

Policy name:	Hot Weather Policy – page 2 of 2
Policy written:	Pre 2016
Last review:	April 2019
Next review: 3 yearly	April 2021