



Hot weather policy

Rationale

The environment in South Australia can pose risks related to heat exposure and dehydration particularly for young children. Therefore it is important to develop a policy which outlines the risks and identifies action plans. Sports Medicine guidelines provide recommendations about young children's exposure to weather conditions outlining considerations for both ambient temperature and humidity.

Aims

The aims of the 'Tanunda Kindergarten Hot Weather Policy' are to promote among children, staff and parents:

- Positive attitudes towards environmental conditions.
- Lifestyle practices which can help reduce the incidence of heat stress and heat related health conditions.
- Personal responsibility for and decision making about own regulation of exposure in hot weather.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure.

Implementation

This policy is primarily required during terms 1 and 4 as average temperatures in Adelaide and the surrounding areas are more likely to be above 35°C.

1. When the ambient temperature is over 36°C children will play in areas covered by shade.
2. On days where the forecast temperature exceeds 34°C, staff will conduct touch test to ensure rubber metal climbing equipment is safe for children to use before it is used by children. (Adult can hold hand on surface for a slow count to 10 – surface is safe for use)
3. Families may choose to pick children up early in periods of extreme weather conditions – heat waves.
4. In the event of air-conditioning malfunction on a day where temperatures exceed 35°C families will be contacted and provided with the option of picking their children up early. – Staff will try to find a space with air-conditioning for the children to access.
5. On days where temperatures exceed 35°C children will be encouraged to drink water at regularly intervals.
6. Staff will discuss physical signs with children to support children's understanding of their own body's responses to heat. E.g. 'Your cheeks look red, you're hot it's time go inside and get a drink and slow down'.
7. Humidity levels will influence the period of time children spend outside during times of high humidity.

Endorsed by Staff and Governing Council August 2018

Director: _____

Date: _____

Governing Council Chair: _____

Date: _____

Reviewed August 2018

Review: August 2020

Sports Medicine Australia – Hot weather guidelines for sporting clubs and associations and the physically active.

NB: Children tend to have a more “common sense” approach to heat illness than adults. They “listen to their bodies” more and will usually slow down or stop playing if they feel distressed in the heat.

On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

Ambient temperature	Relative humidity	Risk of thermal injury	Possible modifying action for vigorous sustained activity
15 - 20		Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	< 60%	Low- moderate	Increase vigilance. Caution overmotivation.
26 – 30	< 50%	Moderate	Moderate early preseason training intensity. Reduce intensity and duration of play/training. Take more breaks.
31 – 35	< 30%	High – very high	Limit intensity. Limit duration to less than 60 minutes per session.
36 and above	< 25%	Extreme	Consider postponement to a cooler part of the day or cancellation.