



Hot Weather Policy

This policy recognises that children are at greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences.

"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 "Sports Medicine Australia"

Crucial to this policy is:

- All employees, including leaders, must take reasonable care to protect their own health and safety and that of others in the preschool.
- All employees ensure strategies are in place to reduce the risk of heat illness or burn injuries.

At Trott Park Kindergarten we aim to keep everyone safe at all times and, in particular, during periods of hot weather. Reasonable steps will be taken to identify and manage risks, and every reasonable precaution will be taken to protect children from harm and hazards.

The preschool will:

- Provide a comfortable and safe environment for all children.
- Provide heating and cooling to maintain a comfortable temperature for all children.
- Seek sun protection advice from the Cancer Council of South Australia.
- Recognise the risk of heat stress is a factor of both air temperature and relative humidity levels.
- During hot weather, check all surfaces in the preschool ensuring children are not at risk of contact burn injuries.

Strategies to reduce the risk of heat illness will include:

- Shade: During periods of hot weather activities will be conducted indoors, with air conditioning provided
- Drinks: Children will be required to bring a drink bottle containing water and children will be reminded to drink regularly. Staff will top up children's water bottles from the PuraTap as necessary.

- Clothing: Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and in clothing that fits with our Sun Protection Policy.
- Lunch: Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. Named items may also be placed in the kitchen fridge.

The following measures will apply on days when the UV radiation levels are high and when educators feel conditions warrant it:

- Modified outdoor activities will be offered to children in the morning. These will be located in shaded areas.
- There will be no outdoor activities offered in the afternoon and children will remain indoors.

As our preschool has effective cooling we do not have an Early Dismissal Clause. However, in the event of a malfunction in the air-conditioning on site during hot weather days (in excess of 36 degrees), parents/caregivers will be immediately contacted and requested to collect their children.

Parents/caregivers are always welcome to make personal decisions around their children's attendance during extreme hot weather.

For additional information please refer also to our Sun Protection Policy.

References

- Sports Medicine Australia 'Beat the Heat' fact sheet
- <https://sma.org.au/wp-content/uploads/2023/03/beat-the-heat-2011.pdf>
- <https://www.sa.gov.au/topics/education-and-learning/health-and-wellbeing/hot-weather-policy>
- National Quality Standards - Standard 2.3.2 Children's Health and Safety
- Cancer Council of SA,
<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/resources-early-childhood/>

This policy has been developed in consultation with the Trott Park Governing Council

Signed _____ (Governing Council Chairperson)

Date_Term 1 2019 Review Date_Term 1 2021 Reviewed March 2023