



Seaford K-7 Campus Pre-school

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“Celebrating the early years”

Hot weather policy-Heat illness prevention

Young children are at a 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”
(Sports Medicine Australia)

The preschool will remain open for normal session times during hot weather as our building is air conditioned but where and for how long we can safely play and work in the outdoor environment will be determined by the air temperature and the relative humidity.

To reduce the risk of heat illness for children during hot weather staff will:

- Set up play activities in shaded areas such as the verandah and sandpit
- Inform children about sun-safe practices and encourage them to play inside or in the shaded areas
- Encourage children to engage in quiet, cooling activities
- Pack away heat attracting equipment (swings, climbing boards)
- Inform children about heat transfer on the rubber surface and concrete pathway and the need for foot protection
- Encourage children to drink water frequently during the day- especially after active physical play
- Provide accessible drinking water and monitor intake
- Encourage families to dress children in clothing that minimises heat gain, in layers that can easily be removed during activity and of a type that is sun-safe
- Encourage families to pack an ice brick with their child's lunch. A cool place to store children's lunches will be provided by the centre.
- Provide extended cooling down/relaxation activities at the end of the day mat time prior to collection by families

To reduce the risk of heat illness for staff, volunteers and families during hot weather staff will:

- Open the building promptly in the morning. Ensure that the collection of children occurs indoors. Parents are encouraged to wait until dismissal in the cool building
- Offer frequent drink breaks and cool down breaks to outside staff and volunteers
- Manage the outside pack up so that equipment is not put away during the hottest part of the day into a very hot shed
- Staff are to take turns at putting equipment back into the shed in short bursts at the end of the day

The preschool will review this in the event of a power outage or breakdown of the building's cooling system and families will be notified if children need to be collected- supervision of children by staff will continue until children are collected. Staff, volunteers and children will be kept as comfortable as possible.

Updated 25/1/2017

Next review: Jan. 2018