**Hot Weather Policy**

**Rationale:**

Children are at a 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”

Source: Sports Medicine Australia

**Context:** The Largs North Kindergarten is a short walk from the coast and as such, we often have cool sea breezes, even on quite hot days.

However, there are strategies that we have developed to reduce the risk of heat illness in young children:

These are:

- Activities conducted in periods of hot weather, especially in the middle of the day, are to be undertaken in shaded areas.
- Children are to be frequently reminded to drink water from the water fountain, which is always accessible to children.
- The Centre is air conditioned and is kept serviced via Spotless. In the event that the cooling system breaks down, staff will plan for children to have water play under shaded areas.
- There is a fridge available to children to keep their lunches cool.
- Parents are encouraged to dress their children in clothing that minimises heat gain, in layers that can be removed and is sunsafe.
- Staff will include in the program, teaching strategies that help children understand how to keep cool and safe in hot weather, eg drink lots of water, play in the shade, keep very active play to a minimum.

Sources: DECD “Guidelines for developing a Preschool Hot Weather Policy

Anti Cancer Foundation of SA.

Reviewed: May, 2012

Next Review: May, 2014

NQS: 2.3.2