



MAITLAND CHILDREN'S CENTRE **HOT WEATHER POLICY**

The 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", refer to: www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf

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 our preschool.
- We need to ensure strategies are in place to reduce the risk of heat illness or burn injuries

Our role is to:

- Ensure reasonable steps are taken to identify risk and every reasonable precaution is taken to protect children from harm and hazards.
- Provide a comfortable and safe environment for all children.
- Ensure heating and cooling equipment are provided and maintained to ensure a comfortable temperature for children
- Adhere to Skin Protection Policy and advice from the Cancer Council.
- Check all surfaces in the centre ensuring children are not a risk of burn injuries.

We will use the following strategies to reduce the risk of heat illness in children by:

- Providing shaded areas. Activities conducted in periods of hot weather are to be undertaken in shaded areas.
- On very hot days we will move or remove that equipment that is placed in the sun.
- Ensuring children are frequently offered water. Staff will top up children's water bottles as required.
- Encouraging parents to dress children in appropriate clothes and ensuring children's jumpers are removed when it is hot.
- All afternoon walking excursions will cease if the forecast temperature is over 30 degrees to avoid or limit unexpected heat stress. The activity is to be cancelled or if necessary eg school transition, alternative transport will be arranged. Staff to ensure that Governing Council has approved use of private cars.
- As our preschool has effective cooling we do not have an Early Dismissal Clause.
- Our Bush Fire Policy which states our preschool is open on days deemed "Catastrophic". Although buses will not be running.

References

Sports Medicine Australia - www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf

DECD Guidelines for Developing a Preschool Hot Weather Policy

National Quality Standards - Standard 2.3.2 Children's Health and Safety.

Cancer Council of SA, refer to: www.cancersa.org.au/asp/sunsmart.aspx

Chairperson, Governing Council

Centre Director

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