Salisbury Heights Preschool
Hot Weather Policy

Rationale
Children are at greater risk of suffering from heat illness than adults. Children's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. According to Sports Medicine Australia, “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.”

Aims
The aims of the Salisbury Heights Preschool Hot Weather Policy are to meet the requirements of the National Quality Standards 2.3.2 (Reasonable steps are taken to identify and manage risks, and every reasonable precaution is taken to protect children from harm and hazards). In order to meet this requirement,
- the service will provide a comfortable and safe environment for children, staff and parents/caregivers
- heating and cooling equipment will be provided to maintain a comfortable temperature for children
- sun protection/advice from the Cancer Council will be taken into consideration via the Sun Smart Policy

Related Policies
Sun Smart Policy, Nutrition, food and beverages policy

Implementation
This policy is for implementation from 1 September to 30 April. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

It is an expectation that all educators, students and parents of Salisbury Heights Preschool will use the following strategies to reduce the risk of heat illness:
- Outdoor activities will be set up in shaded areas (trees, verandahs and pergolas) during periods of hot weather
- The heat in the rubber play surface at the bottom of the slide will be checked by an educator at the beginning of each outside play time during hot weather
- On days when the forecast temperature is over 35°C the children will generally play inside only. However, if on these mornings the temperature is cooler according to the outside thermometer, then children will be able to play outside before the 1st story time group. On afternoons when there is a cool change, children will be able to play outside after sunscreen is applied at lunch time. Appropriate signage will be placed on the front door to indicate what is happening
- Drinking water will be accessible to children at all times. The filtered water tap is on the verandah in the shade with cups provided.
• Children are encouraged to bring their own named drink bottle containing water and keep it in their bag for easy access
• Educators will remind children frequently to have drinks in hot weather
• Parents are encouraged to pack children’s food in insulated containers with a freezer brick or frozen water and to separate snacks from lunch food. A fridge is offered for children’s snacks if parents wish to use this. Children’s lunches are placed in tubs with ice packs and a cover. These tubs are stored inside in a cool place and not accessed until lunch time.
• Parents are encouraged to dress children in appropriate clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is sun safe eg clothes with sleeves, collars, longer style shorts/skirts etc. Children with inappropriate clothing (eg singlet top or sleeveless dress) will be able to borrow a t-shirt from the preschool or play inside.
• Children, educators and parents will follow the sun smart policy and be expected to wear a broad brimmed, legionnaire or bucket hat (with at least 5cm brim and a deep crown) whenever they are involved in outside activities. Children not wearing a hat (as above) will be able to borrow a hat from the preschool or play inside.
• Use a broad spectrum sunscreen with an SPF of 30+, 15-20 minutes before going outdoors
  Parents should apply sunscreen to their children before coming to preschool
  Parents are welcome to use the preschool’s sunscreen on arrival if they have forgotten to apply it at home
  Children staying for a full day will have additional sunscreen applied after lunch from 1st September to 30th April
• Educators will monitor all children for signs of stress due to either heat or humidity and take appropriate action
• On days of extreme temperature or in the case of a blackout, parents are welcome to pick their children up early. Children remaining at preschool will be kept as comfortable as possible.

This policy will be reviewed and evaluated on a biennial basis
Policy issues will be discussed at staff and governing council meetings
New information in relation to skin protection will be taken into consideration at the time of reviewing the policy