



Stirling North Childhood Services Centre

Beckman Street

PO Box 1399

Stirling North, SA 5710

Telephone: (08) 86436205

Fax: (08) 86436378

Email: [dl.6667\\_leaders@schools.sa.edu.au](mailto:dl.6667_leaders@schools.sa.edu.au)

## Hot Weather Policy

### Rationale

This policy aims at reducing the risk of heat illness to young children during hot weather. We recognise that children are at greater risk of suffering from heat illness than adults.

*"Young children produce more body heat, sweat less and have faster rising body temperatures".*

Source: Beat the Heat Fact Sheet last updated 19 December 2019

<https://www.health.nsw.gov.au/environment/beattheheat/Pages/health-in-hot-weather.aspx>

### Context

Stirling North Childhood Services Centre has a veranda with 2 roller sunshades, shade over the sand pit and underneath the Bali Hut and some shade producing trees. However, the following strategies are implemented to reduce the risk of heat illness in young children:

### Shade

- Wherever possible, outdoor activity sessions will be held in shaded areas.
- All activities to be undertaken in shaded areas in periods of extreme hot weather early in the morning or late in the afternoon (depending on the temperature).

### Clothing

- Families are encouraged to dress children in clothing that minimises heat gain, in layers that can breathe and be easily removed during activity and of a type that are sun safe and protective.

### Drinks

- Water only is acceptable, with educators frequently encouraging children to drink more throughout the day.
- All children must bring a bottle of water from home with their name on it and can be refilled as necessary.
- Staff will refill water bottles when empty using safe drinking water that is available and will supply a spare drink bottle if a child comes without theirs.

### Air Conditioning

- Staff to ensure air-conditioning units are effective and in good working order at all times through regular maintenance. If not functioning appropriately, staff will ensure contingency plans are in place to keep children cool and notify parents.
- If the temperature reaches over 38 degrees families are welcome to pick up their child early.

*This Hot Weather Policy supports Stirling North Childhood Services Centre's Skin Protection Policy.*

### Policy Review

Governing Council and staff will monitor and review the effectiveness of this policy and revise the policy when required (at least once every three years).

**This Policy has been approved and ratified by Governing Council. Date of next review: November 2026**

Signed by the Chairperson:

Signed by the Director:

Kelly Versteeg

Lynette Francis

6 November 2023

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