



## Thorndon Park Kindergarten

### HOT WEATHER POLICY

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](http://www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf)

In an effort to reduce the incidence of heat related illness, the following steps will be taken during periods of hot weather:

**Limited Outdoor Play:** Play will occur inside for the majority of the day and any outdoor activities will be set up in shaded areas of the playground.

**Drinks:** Children are to be frequently offered water or fluids frequently and have access to cool filtered water at all times.

**Clothing:** Parents are asked to dress children in cool clothing that minimises heat gain, in layers that can be easily removed as the temperature increases.

**Lunch:** Parents are asked to pack food in insulated containers with a freezer brick or frozen water. The kindergarten will provide a cool place to store food.

**Air Conditioning:** The kindergarten will provide a safe and comfortable environment for all children at all times, ensuring adequate heating and cooling is available. In the event of a breakdown of the air conditioning system when temperatures are above 36 degrees, children's families will be contacted to collect them early. Remaining children will be supervised with water cooling activities until time of collection.

**Curriculum:** During very hot weather children and staff will discuss ways in which we can protect our bodies and assist them to stay cool. These include restricting physical activity, playing outside for limited periods and in shady areas, drinking water frequently, and removing clothing as the temperature increases.

