



# Hot Weather Policy

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

**Outdoor Play: Sun Safe** Play will occur inside for the majority of the day and any outdoor activities will be set up under the veranda, this avoids direct exposure to sun UV rays above 3.

**Drinks:** Children are to be frequently offered water. Children bring water bottles and water is available 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.

**Air Conditioning:** The preschool will provide a safe and comfortable environment for all children at all times, ensuring adequate cooling is available. On extreme hot days children will be supervised with water-cooling activities (water play).

**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.