



Policy No: CE-POL-015/1.4/2013

Hot Weather Policy

Custodian: Management
Committee

Custodian Contact:
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Version No: 1.4

Approved By:
Amelia Thiele
Chairperson

**On behalf of the Management
Committee.**

Approval Date: 22/12/23

Next Review Date: 13/11/26

Supersedes:
Hot Weather Policy Version 1.3

1 Purpose:

This policy outlines how the centre will reduce the risk of heat illness to young children during hot weather. It forms part of our risk management and emergency management procedures

2 Scope:

Approved provider (at this service we have 2 Approved Providers-Department for Education and the Management Committee)
Nominated Supervisor
Responsible Persons
Educators
Children & Families
Students & Volunteers

3 Supporting Documents:

[Sun Protection Policy](#)
[Clothing Policy](#)
[Inclement weather and sun protection](#) (DfE)

4 Policy Details:

Hot weather can affect babies and young children because their bodies cannot adjust to changes in temperature as well as adults. Babies and children sweat less, reducing their bodies' ability to cool down. They are at risk of overheating and developing a heat-related illness.

The risk of heat stress is a factor of both air temperature and relative humidity levels. On days with extreme hot weather, children will be offered outdoor play in the morning and late evening only. Indoor/outdoor play is always an option for children (provided that staffing levels at the time do not compromise supervision or safety).

Strategies to minimise the risk of heat illness in young children are detailed under procedures.

5 Procedures:

Appropriate clothing

In keeping with this centre's Sun Protection policy, it is recommended that during hot weather your child wear the following clothing while at the centre:

- Keep as much of your child's skin covered with clothes made from tight weave fabric e.g. T-shirt material.
- Shirts/blouses with backs, collars and long sleeves and long trousers/skirts offer the best protection. However, elbow length sleeves and knee length shorts & skirts may be more appropriate and offer an acceptable compromise.
- If a child is wearing a singlet top, or a dress with shoulder straps, then they will wear a t-shirt over the top before going outside.
- Children and staff are encouraged to wear a broad-brimmed, legionnaire or bucket style hat during outdoor play.

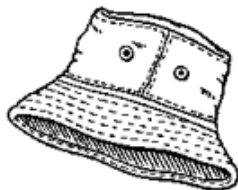
Parents are to supply an appropriate hat for their child, clearly labelled with their child's name. (Children not wearing a hat will need to play under the veranda or other shaded areas).

Appropriate Hats as recommended by the Cancer Council SA

Broad brimmed hat



Bucket hat



Legionnaire hat



NO Caps



Drink fluids frequently:

Children are encouraged to drink a cup of water at each meal time.

Water coolers are provided inside and outside for children to access throughout the day. Educators will top up the coolers as necessary and encourage children to drink more water on hot weather days.

Educators in the Yitpi Tarnanthi room will offer children frequent drinks throughout the day to ensure children remain well hydrated..

Babies under 6 months who are breast fed may need extra feeds. Parents may be contacted to provide extra breast milk supply if required.

Utilise shaded areas:

Staff will endeavour to use the shade of the trees, verandahs and shade structures when setting up equipment. Children will be encouraged to use the shade of trees, verandahs and shade structures when outdoors.

Children under the age of 12 months will be kept out of direct sunlight where possible.

The maintenance and further provision of shade is a priority for C.a.F.E. Enfield Children's Centre.

See the [sun protection policy](#) for more details.

Avoid sitting under Eucalypts (gum trees) during prolonged hot weather as heat stress can cause branches and limbs to break.

Checking of outside play surfaces:

During hot weather pieces of equipment in direct sunlight have the potential to heat to a high temperature. This can place children at risk of contact burn injuries. If an adult cannot comfortably hold their hand on a surface for a slow count of 5, it is not safe for a child to play on. Either move the equipment into the shade or if that is not possible, then move to the shed.

During warm weather an adult should test the surface throughout the day as the temperature will vary.

Outdoor meal times

To promote meal times (particularly lunch time) as relaxed, social times for children, we often utilize the verandah areas to enable smaller groups at meal times. During hot weather (32° C and above) all children will eat inside.

Provision of a comfortable environment indoors:

During hot weather the centre will utilise air conditioners to keep the centre as comfortable as possible for all users.

In the event of a blackout or total air conditioner breakdown the centre will endeavour to fix the problem as soon as possible. In the Yitpi Tarnanthi room, If the expected time for systems to return to normal is greater than 1hr and if the room temperature reaches 30° or greater, the Parents/Caregivers will be contacted and given the option to collect their child.

All other rooms will be monitored and Parents/Caregivers will be contacted if deemed necessary.

6 Legislation and Regulations

Education and Care Services National Regulations 2011

Reg 168(2)(ii) Policies and procedures are required in relation to sun protection

Reg 114 Outdoor Space-shade

Reg 110 (c) premises are maintained at a temperature that ensures the safety and wellbeing of children

7 Definitions of Terms:

Term	Meaning
DfE	Department for Education

8 References:

NSW Government Health website, accessed on line 26/9/23 at url:

<https://www.health.nsw.gov.au/environment/factsheets/Pages/babies-children-hot-weather.aspx>

SA Health fact sheet “Hot weather and babies and young children”, accessed on line 26/9/23 at url:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/64a56280431be104b441ff5dfb58e26/Babies+and+Young+Children+-+Hot+weather+fact+sheet.pdf>

SA Department for Education website, “Work Health & Safety- Inclement weather and sun protection” accessed online 26/9/23 at url: <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/inclement-weather-and-sun-protection>

9 Review Strategy and History:

Review should be conducted every 3 years to ensure compliance with this procedure

Version No.	Reviewed By	Approved By	Approval Date	Review Notes
1	Management Committee	Liam Fudali chairperson	1/5/13	New policy
1.1	Management Committee Educators	Josie Salisbury chairperson	21/10/15	Updated referencing
1.2	Management Committee Educators	Scott Dolman chairperson	26/7/17	Minor changes Added Section 6 Regulations Updated referencing Updated review history
1.3	Management Committee Educators Parents	Alison Cooksley Acting chairperson	9/12/20	Minor changes Inserted section about clothing and hats Updated referencing & Review history
1.4	Management Committee Educators Parents	Amelia Thiele Chairperson	22/12/23	Minor changes Inserted section about outdoor meal times Updated referencing & Review history