13 February 2017

HOT WEATHER PROTOCOL

During hot summers, such as the one we are experiencing, it is important to enact protocols at school to ensure the continued wellbeing of all. Although the weather predictions for this week are not as extreme as we saw over the weekend it is important to have this plan in place to ensure we are looking after our students and staff.

All staff will ensure the following:

- Making sure whole lessons are not conducted in the full sun - during any outdoor activities. Students are to be given regular water breaks.
- Encourage all students to bring water bottles into the classroom and allow them to fill them up throughout the lesson (room temp or slightly cool water rather than very cold is the best fluid to drink)
- During lunch breaks encourage students to sit in the shade rather than participate in high energy activities in the full sun.
- Ensure students’ bags are placed in shaded areas.
- Ensure students with special needs are appropriately supervised, including the monitoring of their hydration.
- If the classroom you are in is a hot room, ensure all windows are open and fans on- if needed move to an alternative room or shaded area outside.
- In the case of first aid follow the normal procedures with any heat stressed students or staff members.
  Health effects of excessive heat and symptoms of heat stress can include:
  - swelling of hands and feet, prickly heat, cramps, heat exhaustion, headache, malaise, rapid pulse, nausea and vomiting.

The continued wellbeing of our students and staff are ensured with these practices in place.