

HOT WEATHER POLICY

Background

The policy aims to protect staff and students from exposure to extreme heat and the possibility of heat exhaustion during hot weather.

In conjunction with the school's hat policy this policy has been informed by

- DECS Administrative Instructions and Guidelines 1/79 2.4.
- Advice from Sports Medicine Australia fact sheet "Beat The Heat".
- Consultation with the PE teacher on practices that ensure safe, enjoyable sport/PE during hot weather.
- The SACSA Curriculum framework.

1. Outdoor Programmes

All outdoor programmes (Sports day, swimming carnivals etc) will be cancelled or postponed on days of extreme heat, as determined by the principal or nominee. The advised temperature is 36 degrees – although consideration will be given to humidity level and wind.

The determination of extreme heat will take into account

- DECS Administrative Instructions and Guidelines
- Published estimated maximum by the Bureau of Meteorology for the day
- Local conditions

2. Morning Recess and Lunch Playtimes

On days of extreme heat students will be expected to stay indoors during lunchtime.

4 common areas will be provided where students can participate in quiet activities while watching an age appropriate DVD.

Area 1 = Science art room – quiet games, Area 2 = JP class- DVD, Area 3 = Middle primary classroom – DVD and Area 4 = Upper primary unit – DVD / quiet activity.

Students will be supervised by yard duty teachers as per the normal roster.

3. Curriculum

Within the mandated curriculum guidelines (SACSA) for the subject Health and Physical Education a key outcome is

“Students identify potential hazards or threats to their health and safety and devise plans for acting to protect themselves and their communities”

In the context of this policy students will learn appropriate behaviours and strategies that protect them from heat stress.

In addition to the above, the following strategies will be implemented to ensure safe, enjoyable sports/PE during hot weather.

1. On hot days where outdoor PE has been planned, lessons will be moved into the air-conditioned gymnasium. Students will be provided with extra drinks breaks.
2. February and early March represent the hottest periods. There are some hotter days in November and December. The activities conducted during these periods are less aerobic in nature i.e. not continuous running – usually related to softball, cricket, fitness testing.
3. During PE on hot days the PE teacher will ask students to take their jumpers off.
Students who don't comply might have to sit out from the lesson depending on the aerobic nature of the lesson.