

## **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 SACSAs Curriculum framework.

### 1. **Outdoor Programmes**

All outdoor programmes will be cancelled or postponed on days of extreme heat, as determined by the principal or nominee.

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 or under solid shade outdoors, supervised by a teacher.

Teachers may make arrangements for students to go to a common area with another class or classes and share the supervision time or remain with their own class.

Unless a day is pre-determined as one of extreme heat a signal to stay indoors/under shade will be two blasts of the siren as for wet weather.

### 3. **Curriculum**

Within the mandated curriculum guidelines (SACSAs) 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 hotter days, PE is conducted on grassy areas with only perhaps small amount 10 minutes on asphalt e.g. JP balls in tubs of water.
2. Official drink breaks and movement into shaded areas for instruction period. The oval has several trees which provide shade. The block has **no** afternoon shade from midday Lessons 5 and 6.
3. No UP classes have PE after Lesson 4 i.e. midday, so all PE can be conducted in the Activity Room. The MP and JP classes are smaller in number and in physical size, so dance and gymnastics lessons are usually conducted in the Activity Room. The PE teacher has priority to this room in extreme weather.
4. 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.
5. Insist children take their jumper **off**.
6. Whole school events and class fitness is to be carried out in the morning, before recess.