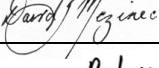
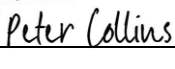
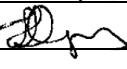


TENISON WOODS COLLEGE

HOT WEATHER POLICY

| HOT WEATHER POLICY approved by: | | | |
|---|---|--------------|------------|
| SIGNED (Principal or Delegate) | David Mezinec  | Date: | 19.12.2022 |
| SIGNED (Board Chair) | Peter Collins  | Date: | 19.12.2022 |
| SIGNED (Responsible Leadership Member) | Trudi Dempsey  | Date: | 19.12.2022 |
| POLICY TO BE REVIEWED BY (person/role): | Leadership | Review Date: | Dec 2024 |

Medical Management

Heat Stress

The risk of heat stress is increased in hot and humid weather because people may not be able to sweat enough for adequate cooling and high humidity may prevent adequate evaporation of sweat.

If left untreated, heat stress can lead to heat stroke which may be life threatening.

Children sweat less and get less evaporative cooling than adults. This means they have greater difficulty in getting rid of heat generated by activity. Heat stress signs may include them looking flushed or feeling hotter and more stressed than adults. Children are usually more effective at "listening to their bodies" and for this reason they should be allowed to exercise to their preferred intensity, without undue pressure. If they appear distressed or complain of feeling unwell they should stop exercising immediately.

Symptoms of Heat Stress

Heat stress can be shown by symptoms of:

- Light headedness, dizziness;
- Obvious loss of coordination/clumsiness or unsteadiness;
- Nausea;
- Fatigue;
- Cessation of sweating;
- Ashen, grey, pale skin;
- Confusion;
- Aggressive or irrational behaviour; and/or
- Altered consciousness or collapse.

Factors that Increase the Risk of Heat Stress

- High exercise intensity;
- Lack of fitness;
- Previous history of heat intolerance;
- Age;
- High air temperature and high humidity;
- Low air movement (no wind);
- Prolonged exposure to hot conditions;
- Heavy clothing/protective equipment;
- Dehydration; and/or
- Illness and medical conditions (current or recent infectious illness, chronic health disorders).

Teaching Strategies to minimise the Risk of Heat Illness

- Adjust teaching and learning activities to match the conditions.
- Schedule outdoor activities in the early morning to avoid the hottest part of the day.
- Wear well ventilated broad brim hats and water soluble sun screen for sun protection.
- Wear clothing that allows for rapid evaporation of sweat from the skin; ie light coloured, loose fitting and provide protection from the sun.

- Adequate water intake assists in body temperature control. To minimise dehydration, drink 500 to 750ml of water per hour to keep the body hydrated.
- Take extra cautionary measures during unseasonal heat waves or during unusually hot or humid weather.
- If students have recently experienced high temperatures from infection, diarrhoea or vomiting they should NOT take part in strenuous exercise.
- Staff, parents/carers, volunteers who:
 - Are over 65 years of age;
 - suffer from a medical condition (eg asthma, diabetes, heart conditions, epilepsy, overweight or obesity);
 - are taking medication (including over the counter medication); or
 - who are pregnant
 may experience difficulties exercising in the heat.

Treating Heat Related Medical Problems

Heat Exhaustion

Heat exhaustion is characterised by low blood pressure on completion of exercise. Victims suffer a faint-like collapse with ashen-grey skin. They usually recover rapidly on lying down with legs raised. The difference between heat exhaustion and the high risk heat stroke is not always obvious and as such, students who have collapsed should be rapidly cooled as below.

Heat Stroke

Heat Stroke occurs when the body's ability to control its own temperature is impaired. Heat stroke is potentially fatal. The severity of complications from heat stroke increase with the duration of high body temperature. Immediate first aid is essential and potentially lifesaving. The aim is to lower the body temperature rapidly using the "strip/soak/fan" methodology as follows:

- Strip off any excess clothing/loosen clothing;
- Cool the body by wetting the skin liberally;
- Fan to aid evaporative cooling;
- Raise legs to improve blood pressure; and
- Apply Icepacks - placed in groin or armpit is helpful.
- An ambulance will be called if necessary

NB. HEAT EXHAUSTION OR HEAT STROKE CAN STILL OCCUR IN THE PRESENCE OF GOOD HYDRATION