

Hot Weather Guidelines- Schools

Since there is no legislated maximum temperature to which people can be exposed at work or school, division schools and workplaces should have hot weather plans in place for continued operation during periods of extreme hot weather. The site administrator in consultation with staff determines when the hot weather plan should be implemented. These plans may include relocation of meetings, classes or students, curtailment or limitation of physical activities, and other appropriate modifications contained in these guidelines. As a general guideline, hot weather plans should be implemented when outdoor temperatures approach or exceed 30 degree Celsius. Consider the following guidelines when developing a "hot weather" plan:

- **Teachers should make appropriate modifications** to the instructional program. Elementary teachers may wish to rearrange the daily schedule so that basic skills subjects are taught at the optimal time and outdoor activities are scheduled during cooler parts of the day. Outdoor field trips and athletic activities may need to be cancelled and rescheduled to a more appropriate time.
- **Cooler areas of school buildings** and grounds should be used when available (E.g. shaded lawn areas and rooms having air conditioning or good cross-ventilation).
- **Limit physical education** to less strenuous activities and/or reschedule to a more appropriate time. Closely monitor children for signs of heat stress and make sure they stay hydrated.
- Hats and sunscreen are recommended particularly on outdoor track or sports days. Parents should apply sunscreen to their child before school as staff is not permitted to apply it.
- **Restrict noon and recess** physical activities to quiet games that require a minimum amount of physical exertion. Permit students to eat lunch in shaded areas.
- **Darken rooms to keep out direct sunlight and use CSA approved electrical fans if available** for the hottest rooms. Restrict use of heat generating equipment such as overhead lights, projectors and computers, coffee makers etc.
- **Provide adequate supplies of water.** Site administrators should assess weather conditions keeping track of heat advisories and make determinations regarding site specific needs such as providing containers of water for classrooms not having direct access to drinking fountains. Teachers should encourage all students to bring unbreakable water bottles from home that can be easily refilled and used in the classroom.
- **Contact parents/guardians** of students with serious health problems and discuss whether attendance and participation in regular school activities is a concern. Pay close attention to **young children and those with physical disabilities** or chronic illnesses. Parents should be advised they can pick up their child at any time should there be concerns regarding the heat.

For further information visit http://www.ccohs.ca/oshanswers/phys_agents/max_temp.html
or contact the division OHS Specialist at 780 417-8193.