Bialik College	**Extreme Heat and Inclement Weather Policy**
Authority	College Principal Date of next review: March 2025
Policy Statement	This policy is designed to ensure the well-being of students and staff during times of inclement weather.
Responsibility and Guidelines	All staff are responsible for implementing this policy when supervising students in outdoor settings. This policy is based on recommendations and guidelines provided by: - Girls Sport Victoria - Associated Public Schools of Victoria. - EISM - Sports Medicine Australia and - Sunsmart This policy provides practical advice for avoiding heat related illnesses as well as danger that may be posed by electrical storms, hail and lightning.
Policy	Heat illness can occur when the body cannot sufficiently cool itself. Factors that contribute to this include: - Temperature - Humidity - Amount of air movement - Radiant temperature of surroundings - Clothing - Physical activity **Young children** are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions. In practical terms, children must be protected from over-exertion in hot climates, especially with intense or endurance exercise. Although children can acclimatise to exercise in the heat, they take longer to do so than adults. NB: Children tend to have a more “common sense” approach to heat illness than adults. They “listen to their bodies” more and will usually slow down or stop playing if they feel distressed in the heat.

On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

Extreme Heat
Sports Medicine Australia's policy on exercising in heat, references The Heat Stress Index or WBGT (wet-bulb globe temperature). The WBGT takes into account temperature, humidity and air velocity and it is considered a reliable measure of the environmental heat stress. A guideline temperature is 35°C.

On days forecast by the Bureau of Meteorology to be *in excess of 35°C*, the Extreme Heat Policy applies. This applies to teachers supervising students at school as well as those on camps and other outdoor activities. Students should stay in shaded areas when outdoors and at the discretion of the Head of School, or the most senior staff member present, teachers may move students inside.

All outdoor sport, including interschool sport, will be cancelled in line with the EISM regulations. PE Teachers may determine to teach inside or in an appropriately shaded area.

Where an excursion is planned for a day of extreme weather, the excursion organiser, the Head of School in conjunction with the Activities Manager will determine the safety of the excursion and advise if it should proceed.

Scheduled Sport During Extreme Heat
On days of extreme heat, in line with EISM regulations, sporting matches in both Primary and Secondary Schools must not proceed.

On days of hot weather between 30° and 35°C due consideration must be given to adequate shelter, water and rest breaks for both staff and students. The following guidelines should be followed:

- Students must wear hats and sunscreen
- Students should maintain adequate levels of fluid
- When not involved directly in an activity students should have access to a shaded area
- Should conditions become extreme the Head of Sport, in consultation with the Principal and Heads of School may cancel outside sporting activities
- Outdoor events should occur outside of the hottest part of the day (usually 11 am-3 pm).

Dehydration
Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Heat exhaustion
Symptoms of heat exhaustion may include:

- high heart rate
- dizziness
- headache
- loss of endurance/skill
- confusion
- nausea
- muscle cramps
- cool skin but paler than usual

	To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. To treat someone with suspected heat exhaustion take the following action: - lie the person down in a cool place - give cool water to drink - a fan or cool breeze would be beneficial if the person is confused or unable to drink water seek medical help immediately **Heat stroke** Severe dehydration may lead to heat stroke which is potentially fatal and must be treated immediately by a medical practitioner. Characteristics are similar to heat exhaustion but with the following symptoms: - dry skin - confusion - collapse. This is a potentially fatal condition and must be treated immediately. It is important to cool the body as quickly as possible using "Strip/Soak/Fan": - strip off any excess clothing - soak with water - fan - ice placed in groin and armpits is also helpful. **Heat stroke is potentially life threatening. Any indication of this condition should be immediately referred for medical assessment.** **Lightning and Severe Hail** Where student safety is compromised with severe hail or electrical storms, supervising teachers should cease outdoor activity and move students to a safe area. • Seek shelter in a solid building, avoid small open structures • Never shelter under small groups or single trees • Stay away from metal objects i.e. poles, fences, umbrellas etc. In the case of electrical storms outside play should only recommence if students' safety can be assured i.e. 30 minutes after the last sound of thunder. **Determining Distance from the Storm Cell** The observation of approaching storm clouds, the first flash of lightning or clap of thunder, should heighten lightning-awareness. The level of risk depends on one's location (direction and distance) relative to the storm cell and the direction in which the storm is travelling. A simple method for determining the distance to the storm cell is to measure the time elapsed from when the lightning flash is observed and when the associated clap of thunder is heard. The distance in kilometres to a lightning flash may be estimated by dividing the time delay (in seconds) between the flash and the thunder by 3. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure students remain sheltered for at least 30 minutes after the last sound of thunder.
Related Documents	Sun Smart Policy.