

Sun Care Policy & Procedure



Grass Roots Nursery Group: Heatwave Procedures

Purpose:

To outline procedures for managing heat waves at Grass Roots Nursery Group, ensuring the safety and well-being of children.

Key Principles:

- **Prioritise Child Health:** The health and well-being of children are paramount.
- **Prevent Heat-Related Illness:** Implement measures to prevent heat stress, heat exhaustion, and heatstroke.
- **Communicate with Parents:** Maintain open communication with parents regarding heat wave precautions.

Procedures:

Heatwave Alerts:

- Monitor heatwave alerts issued by local authorities.
- Activate heatwave procedures when an alert is issued.

Risk Assessment:

- Identify children at increased risk of heat-related illness, such as those under four years old, overweight, or taking certain medications.
- Consult with healthcare professionals for children with disabilities or complex health needs.

Outdoor Activities:

- Modify outdoor activities to avoid excessive heat exposure during peak hours.
- Encourage children to stay in the shade and drink plenty of water.
- Provide sunscreen and appropriate clothing.

Indoor Environment:

- Create a cool indoor environment by opening windows, using fans, and closing blinds.
- Limit the use of electrical equipment.
- Adjust teaching spaces to avoid direct sunlight.

Monitoring and Assessment:

- Monitor children for signs of heat stress, heat exhaustion, or heatstroke.
- Assess children's body temperature regularly.
- Provide immediate medical attention if necessary.

Communication with Parents:

- Inform parents about heat wave precautions and the importance of limiting outdoor activities during hot weather.
- Encourage parents to provide appropriate clothing and sunscreen for their children.

Staff Training:

- Train staff on recognizing and managing heat-related illness.
- Provide staff with information on sun safety and hydration.

Emergency Procedures:

- Have emergency procedures in place for heat-related emergencies.
- Ensure staff are trained in first aid and CPR.

Additional Considerations:

- **Water and Hydration:** Ensure children have access to plenty of cool water throughout the day.
- **Rest Breaks:** Schedule frequent rest breaks and limit physical activity during hot weather.
- **Medication Review:** Review medications with healthcare professionals to assess potential heat-related risks.
- **Cooling Techniques:** Implement cooling techniques, such as cool compresses or misting fans.

By following these procedures, we aim to protect children from the harmful effects of heatwaves and ensure their safety and well-being.