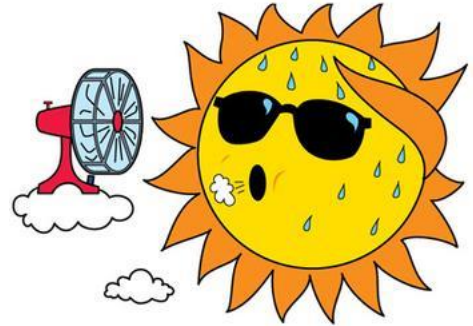


## Hot Weather Plan

1. Weather will be monitored daily for heat advisories [www.weathernetwork.ca](http://www.weathernetwork.ca) and when required, outdoor activities and recesses will be adjusted to limit the time outdoors. (*Humidex 30 C + may warrant a modified recess*)
2. Students are encouraged to wear wide brimmed hats, UV protective sunglasses, light coloured clothing and sunscreen.
3. Strenuous activities occurring outdoors will be limited –recess will be modified or include a cooling area in the building for students to cycle through should it be too warm outdoors. Students should be advised to find shaded areas in the yard (*outdoor gym-class should be reconsidered with temperature advisories*).
4. Classroom lights will remain off whenever possible.
5. Expected activity levels will be low to avoid strenuous activities.
6. Students are encouraged to bring a refillable water bottle to school to take frequent drinks to. Within the building, classes and students will be able to circulate through areas of the building that are cooler such as: air conditioned rooms and the gym.
7. Blinds will be kept closed in the heat of the day.
8. Increase air flow with the use of fans.
9. Students will be monitored for signs and symptoms of heat related illnesses such as: heavy sweating, weakness, cold, pale and clammy skin, fainting, vomiting and provide first aid treatment as required.
10. Rotate students through Air Conditioned areas of the school.



*“Let Your Light Shine Through Us”*