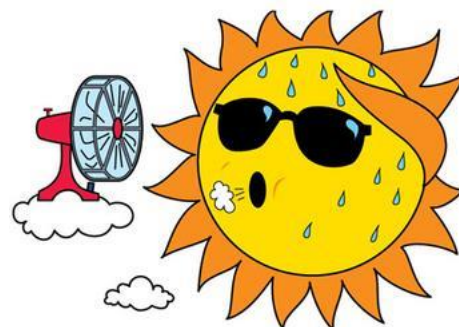


## Hot Temperature Plan – St. Stephen

As the hot weather arrives, we have put a plan in place to help keep students and staff cool.



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.
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 (isolation room in the office)
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.
7. Students will be able to cool down within the building as the rooms are air conditioned. Should a room's A.C. be malfunctioning, the Library and Room 112 will be alternate spaces.
8. Blinds will be kept closed in the heat of the day.
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. Signs of heat-stress flyer will be provided to each teacher and our plan is posted on our school website.
11. When readings including humidity reach mid 30's, reduced outdoor time will be implemented. At 40 with humidity there will be no outdoor play. UV index below 4 along with appropriate heat temperature will permit full recess. As UV index climbs, outdoor exposure will be limited. A UV index at 7-9 will allow for no more than 20 minutes outside at one time and anything above 9 will result in no outdoor exposure while at school.