

St. Mark School- Hot Weather Plan



During periods of hot weather/extreme heat/humidity weather advisories please take the following measures:

STAFF

- Reduce direct sunlight by use of window coverings and blinds
- When the air conditioner is on, keep windows closed.
- Rehydration requires access to fluids (water) —drink water regularly
- Use sunscreen (SPF 30 minimum recommended)
- Use outdoor shaded areas when outdoors
- Wear light, layered clothing and hat when outdoors
- Familiarize yourself with the signs/symptoms of Heat Stress as portrayed on the Heat Stress posters located throughout the school. Review #20912 Hot Weather PD Program Module on [Professional Learning site](#)

STUDENTS – Please encourage students to:

- Bring plenty of clear fluids and utilize water bottle filler stations
- Bring and use sunscreen (SPF 30 minimum recommended)
- Wear light, layered, loose fitting clothing including a hat while outdoors
- Stay in shaded areas when possible and maintain activity level to a minimum
- Increase the frequency and length of rest breaks
- Tell an adult, right away, if you are not feeling well
- Re-direct students who are wearing heavy clothing to remove layers outside

During Instructional Time:

- Ensure staff monitor students and colleagues for signs of heat stress.
- Rehydrate continually- Keep drinking lots of water
- Minimize outdoor activities between 10:00 a.m. and 3:00 p.m. when the UV index is high.

The following must be considered when determining the amount of time students spend outside between May and August, when the UV index is typically higher in Peel Region:

What does the UV index mean?

The UV index has become as common a guide to daily decision making as the temperature forecast. The following table explains how the index can be used in setting limits for sun exposure:

UV Index	Category	Sunburn Time
Over 10	Extreme	Less than 15 minutes
7 - 9	High	About 20 minutes
4 - 7	Moderate	About 30 minutes
0 - 4	Low	More than one hour

The following are the Humidex guidelines from Environment Canada and must be considered together with the UV index in order to make a determination of how long students will be outside on hot temperature days:

Range of humidex	Degree of Discomfort
Less than 29 Celsius	No discomfort
30 to 39 Celsius	Some discomfort
40 to 45 Celsius	Great discomfort; avoid exertion

Recess times will be modified if:

- **Humidex readings reach the mid to upper 30's**
- **If UV ratings are High to Extreme**

****If someone displays signs or symptoms of heat stress, ensure they are reported to a First Aid trained sitesupervisor to receive first aid/medical treatment immediately****

