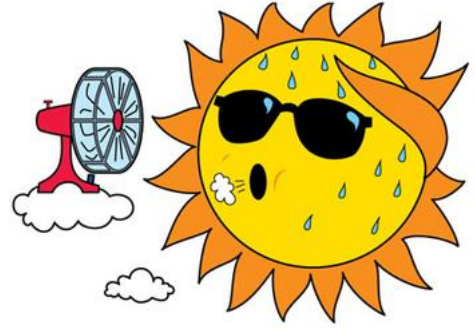


Hot Temperature Plan – St. Joachim

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 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.
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.

