



# HEAT POLICY



**Objective:** To provide a safe environment to all students during extreme heat conditions

If the current outside temperature is 40 degrees and above (as depicted by the Bureau of Meteorology), Empowerdance Management will assess the participation risk and advise all parents/students if classes are cancelled, via direct text message. If you do not hear from us, classes will run as normal.

## **Measures of controlling heat**

The means of maintaining a comfortable temperature at Gravity and Mitcham Dance will depend on the environment and could include any of the following:

- Air conditioning
- Fans
- A work and rest regime
- Monitoring of the room temperature
- Suitable activities

## **Guidelines to a safe environment**

### **1. The Use of Ventilation**

Air movement throughout the studio is necessary for the health and comfort of all children and staff, including parents/guardians, teachers, extended family and visitors. Our studios have air conditioning systems to ensure that comfortable rates of air are maintained.

### **2. A work and rest regime**

Staff will ensure that children are not unnecessarily participating in strenuous physical activities when temperatures are high. Low impact activities are to be provided alongside rest periods and regular drink breaks, particularly for children with extended dance hours.

### **3. Monitoring of the room temperature**

A room thermometer will be used to regularly review the temperature inside the Studios and common areas

## **We will ensure:**

- Suitable activities for conditions are provided.
- Reasonable duty of care is exercised.
- Access to water, spray bottles and encourage regular breaks for rest and drinks (every 15 to 20 minutes).
- Symptoms of heat illness will be attended to.
- All parents/guardians, staff, teachers, students and visitors have access to a copy of this policy upon arrival and enrolment.

## **What parents should do:**

- Ensure children wear light clothing, and wear hair up (to help keep the neck and head cool).
- Pack water in insulated containers with a freezer brick or frozen water.
- Advise staff immediately of any concerns they may have in relation to their child or any previous history of heat problems or recent illnesses.
- Have knowledge of the Heat Policy.