

St. Christopher 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 doors and windows closed.
- Rehydration requires access to fluids (water) —drink water
- Use sunscreen (SPF 30 minimum recommended)
- Use authorized circulating fans
- Use outdoor shaded areas and air conditioned areas within school
- 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

- 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 wide brimmed 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.

During Instructional Time:

- Rotate classes through an air- conditioned space every 40-60 mins. when feasible
- If your room air conditioner is on, keep the door closed
- Ensure staff monitor students and colleagues for signs of heat stress.
- Access classroom fans whenever possible
- Rehydrate continually- Keep drinking lots of water

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

The following are the humidex guidelines from Environment Canada:

Range of humidex Degree of Discomfort

Less than 29 Celsius	No discomfort	Above 45 Celsius	Dangerous
30 to 39 Celsius	Some discomfort	Above 54 Celsius	Heat Stroke imminent
40 to 45 Celsius	Great discomfort; avoid exertion		

**If humidex readings reach the mid to upper 30's,
then recess times may be modified or cancelled.**

It is usually cooler down here by the lake. There is the breeze off the lake--caused by low pressure over the warmer land,

including the Lakeshore area, and high pressure over the **cooler** water. The combination pushes **cooler** air inland.