

VU SPORT HOLIDAY PROGRAMS

HEAT POLICY

VU Sport is responsible for the health, wellbeing and safety of all children participating in the school holiday sports programs. Sport and physical activity in the heat pose risk of heat-illness and over-exposure to UV radiation (sunburn). The following VU Sport Sun Smart procedure will be followed by all staff of the Holiday Programs;

Outdoor Activities

1. Scheduling of Outdoor Activities

- The risk of heat illness and sunburn increases with increasing temperature and humidity. Outdoor activities will be scheduled in the morning on days where the expected temperature exceeds 32 degrees Celsius.
- All outdoor activities will be limited to 60min of active play, with scheduled rest and drink breaks in shaded areas. The total duration of a scheduled outdoor block will not exceed 90min.

2. Sunscreen

- Children are expected to arrive to the holiday programs with sunscreen already applied.
- All children are required to bring their own sunscreen to the holiday programs.
- SPF 50+ broad-spectrum, water resistant sunscreen will be made available for children who have failed to bring their own. Prior to scheduled outdoor activities, all children will be given time to apply sunscreen indoors.

3. Clothing

- Cool, loose fitting, UV protective clothing that covers the arms is recommended for all outdoor activities.
- Staff and children must wear a hat at all times during outdoor activities. Wide-brimmed hats are preferred. Students who do not have a hat will not be permitted to participate in outdoor activities.
- Children are encouraged to bring a change of clothes to allow for changed weather conditions, or cooler alternatives (i.e. sports singlet) for indoor activities.

4. Hydration

- Outdoor activities will have scheduled drink breaks under sheltered areas. Staff and children must carry their drink bottles on them at all times during outdoor activities. Refill stations will be available.

5. Shelter

- Where natural shelter is not available, alternatives such as an outdoor portable marquee will be provided.
- Cool, loose-fitting, sun-protective clothing is recommended.

Indoor Activities

During periods of continued hot weather, indoor sports facilities naturally become susceptible to increased temperature and humidity due to their limited cooling capabilities.

1. Air-Flow
 - Doors and windows will be opened to maximise air-flow at indoor venues that are susceptible to higher temperatures.
2. Hydration
 - Children are required to provide their own water bottles
 - All indoor activities will have scheduled drink breaks. Filtered water fountains are located in close proximity to the sports facilities.
3. Clothing
 - Cool, breathable active-wear is encouraged for indoor activities. Children will be required to wear enclosed active-footwear (i.e. runners or sport-specific shoes) at all times. Thongs are not permitted, unless for swimming activities.

Parents & Guardians please note: in cases of consistently hot weather, the program schedule may vary slightly. This may mean longer scheduled swimming sessions, watching a movie in a lecture theatre, guest speakers to slightly modified games.

Individual Risk Factors

- Parents and guardians should note any individual risk factors and medical conditions that may be exacerbated by exposure to heat.
- In the event that a child experiences heat illness, the emergency contact and parent/guardian will be immediately notified and treatment provided. Emergency services will be contacted in the event that the **child's condition worsens.**