



Mernda Hills Christian College

Heat Health Policy

Document Control

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Version	Approved By	Approval Date	Review Date	Modifications
0	College Council	May 2024	May 2025	
1	Exec Leaders	Dec 2025	Dec 2029	Major update

HEAT HEALTH POLICY

Rationale

The purpose of this policy is to support Mernda Hills Christian College to prepare for and manage risks associated with extreme hot weather and heatwave.

Summary

Extreme heat or heatwave is a period of unusual and uncomfortable hot weather that can negatively affect health. Children and young people are more susceptible to heat stress and therefore the College has measures in place to prepare for and manage the risks associated with extreme hot weather.

Prevention and Preparedness

To minimise the risks associated with extreme hot weather, the College:

- has plans that address the consequences of extreme heat and responses for power outage(s), transport delays and/or cancellation, and has articulated these arrangements in the risk assessment and response procedures of schools' emergency management plan
- modifies or postpones any planned vigorous activity
- has adequate shade on school grounds from man-made structures (tents, sails and umbrellas) and/or trees
- educates and encourages students and school staff to stay hydrated
- has water fountains located around the school premises
- requires students and staff to wear hats during extended periods of sun exposure and in the summer months

During periods of extreme heat (multiple days where the temperature is over 35 degrees), the College also:

- reviews first aid kits and considers the inclusion of additional ice packs and hydrolytes during periods of extreme heat.
- ensures key staff have downloaded and subscribed to the VicEmergency App
- ensures indoor spaces have open windows or doors or air conditioning access during activities
- provides appropriate internal or shaded areas for children to be during break times (eg. air-conditioned library, shaded MPC etc).
- modifies or postpones planned vigorous activities
- may adjust uniform expectations to be more appropriate for the weather
 - Eg. removal of ties, removal of requirement to wear the College blazer
- considers measures to reduce any risk to students in OSHC if appropriate cooling cannot be provided
- allows staff to draw internal/external blinds - noting there must always be a clear line of sight into classrooms for child safety

Early Intervention

College staff are trained in the signs and symptoms of heat stress and how to respond. If a student, staff member or visitor shows any sign of heat exhaustion or heatstroke, the First Aid Officer or another qualified Staff member will apply first aid and seek medical assistance.

Heat Health Alerts

Upon receiving advice of a heat health alert, the College will brief staff:

- on the school's expectations in regard to management of the risks associated with extreme hot weather
- to be extra vigilant during periods of prolonged heat
 - vigilant enforcement of the sun safe policy
 - remind students to stay hydrated and allow additional drink breaks during class
 - schedule activities in consideration of the conditions - moving to the shade, in cooler parts of the day

Depending on the conditions, the College may also:

- notify parents/carers about school heat conditions and remind them to provide their child with water and apply SPF 50 sunscreen
- share information on the school's heat protective procedures and processes with parents/carers

Relevant Policies and Documentation

- [Occupational Health and Safety Act 2004 \(Vic\)](#)
- First Aid Policy
- Emergency Management Plan