**ST. JOSEPHINE BAKHITA HOT WEATHER PLAN**

In order to protect the health and safety of school-aged children and staff in Peel, the Dufferin-Peel Catholic District School Board in consultation with the Peel Health Department has developed guidelines for periods of extreme weather conditions. In consultation with other schools, we share this plan.


## A Hot Weather Plan is in place for conditions where:

- The humidex reaches or exceeds $35^0$ C.
- Environment Canada issues a humidex advisory (air temperature exceeding 30°Celsius and Humidex exceeding 40°Celsius)
- There is an Ontario Ministry of the Environment smog alert; or,
- There is an Environment Canada/Weather Network or Peel Health Heat Alert.

Weather conditions are monitored by the office using The Weather Network and alerts sent by the Board and/or posted on the Board's website.

**What is the UV index?**
The UV index indicates the strength of the sun's UV rays under clear sky conditions. The index ranges in scale from 0 - 10. The higher the value of the index, the more intense the ultraviolet rays are.

**What does the UV index mean?**
The UV index has become as common a guide to daily decision making as the temperature forecast.
The following table explains how the index can be used in setting limits for sun exposure:

**UV Index Category Sunburn Time:**

| | | |
|---|---|---|
| Over 10 | Extreme | Less than 15 minutes |
| 7 - 9 | High | About 20 minutes |
| 4 - 7 | Moderate | About 30 minutes |
| 0 – 4 | Low | More than one hour |

**Factors in Protecting Children from the Sun**

- Encourage students to navigate to shady play areas in school yards to minimize exposure to UV rays.
- Minimize outdoor activities between 10:00 a.m. and 3:00 p.m. when the UV index is high.
- Encourage parents/guardians to send children with hats and protective clothing or to use sunscreen (with and SPF of 15 or greater) when the UV index is high.
- A reminder that children can get sunburned on a cloudy day as up to 80 percent of UV rays can penetrate light clouds.

**What is Humidex?**
Humidex is a measure of how hot we feel. It is an equivalent temperature intended for the general public to express the combined effects of warm temperatures and humidity.
The Weather Service of Environment Canada uses humidex numbers to inform the public when conditions of heat and humidity are possibly uncomfortable.

**The following are the humidex guidelines from Environment Canada:**

**Range of humidex Degree of Discomfort**

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

***If humidex readings reach the mid to upper 30's, then certain outdoor exercise will be decreased or modified.***

**Heat Stress Hazards**

| | Cause | Symptoms | Prevention |
|---|---|---|---|
| **Heat Rash** | Hot humid environment; plugged sweat glands | Red bumpy rash with severe itching. | Wash regularly to keep skin clean and dry. |
| **Sunburn** | Too much exposure to the sun. | Red painful or blistering and peeling skin. | Work in the shade; cover skin with clothing; wear suntan lotions with sun protection factor of at least 15. People with fair skin should be especially cautious. |
| **Heat Cramps** | Heavy sweating drains a person's body of salt, which cannot be replaced just by drinking water. | Painful cramps in arms, legs or stomach. Can occur suddenly at work or later at home. Cramps are serious because they can be a warning of other more dangerous heat-induced illnesses. | When working in the heat, workers should put salt on their food (if on a low salt diet, this should be discussed with a doctor.) This will give the body all the salt it needs; do not take salt tablets. |
| **Fainting** | Not enough blood flowing to the head, causing loss of consciousness. | Sudden fainting after at least two hours of work; cool moist skin; weak pulse. | Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |
| **Heat Exhaustion** | Inadequate salt and water intake causes the body's cooling system to star break down/ | Heavy sweating; cool moist skin; body temperature over 38° C; weak pulse; normal or low blood pressure; person is tired, weak, clumsy, upset or confused; is very thirsty; or is panting or breathing rapidly; vision is blurred. | Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |
| **Heat Stroke** | If a person's body has used up all its water and salt, it will stop sweating. This can cause body temperature to rise. | High body temperature (41° C) and any one of the following; person is weak, confused, upset or acting strangely; has hot, dry, red skin; a fast pulse; a headache or dizziness. In later stages, a person may pass out and have convulsions. | Reduce activity levels and/or heat exposure, Drink fluids regularly. Workers should check on each other to help spot the symptoms that often precede heat stroke. |

**Wind Chill and Extreme Cold:**

- Wear warm, layered clothing including a hat and gloves while outdoors
- A Wind Chill or Extreme Cold between -20º Celsius and -24º Celsius, outdoor recesses are limited to a maximum of 20 minutes
- A Wind Chill or Extreme Cold below -25º Celsius, students will remain indoors

**Principal/Vice Principal will:**

**1. Communicate to the community via email and social media**

- Announcements/emails to workers of heat stress alert, encourage workers to drink extra water, monitor temperature and relative humidity, and to recognize symptoms of heat stress
- During Extreme Heat Alerts, outdoor activities will be limited
- Review on an hourly basis weather alerts, monitor alerts from Environment Canada, Region of Peel Health or Board Main page Yellow Alerts

**2. Heat Stress Alerts will be monitored through Environment Canada and consider the following:**

Key humidex levels to watch for occur when:

- A Humidex reaching or exceeding 35º Celsius occurs; or,
- There is an Environment Canada Humidex advisory (air temperature exceeding 30º Celsius and Humidex exceeding 40º Celsius) or a Ontario Ministry of the
- Environment smog alert; or,
- There is a Peel Health Heat Alert. For example, during an alert outdoor exercise should be limited to early or late in the day while during an extreme alert exercising outdoors is not recommended

**On a Hot Day, Please Note These Reminders:**

- Reduce direct sunlight by closing the drapes and/or blinds to shield from radiant heat
- Drink adequate fluid, bring your water bottle to your work station
- Use sunscreen (SPF 30 minimum)
- When possible, keep all windows open and as appropriate
- Increase air movement by using circulating fans
- Wear light summer clothing, and a hat and sunglasses should be worn when outdoors
- Watch out for symptoms in students and co-workers
- Adjust exposure times to radiant heat (modification of outdoor activities and recess)
- Report any heat stress symptoms immediately to the office for students or staff

**Caution:* *If students or staff have difficulty breathing or feel confused and disoriented because of the heat,* ***call the office for assistance****. In an emergency,* ***call 911.***

**Students are reminded to:**

- Bring plenty of clear fluids and utilize water fountains and water bottle filling stations
- Bring and use sunscreen (SPF 30 minimum)
- Wear light, layered clothing including a hat and sunglasses while outdoors
- Stay in shaded areas when possible and maintain activity level to a minimum

**Resources:**

1. For more information, you may wish to review Section 25 of the Health and Safety Manual regarding Heat.

http://dp24/HealthSafety/Manual.pdf

2. Peel Health has a Heat Alert system in place during extended periods of hot weather. For additional information regarding Hot Weather in Peel, go to the following:

www.peelregion.ca/health/heat/