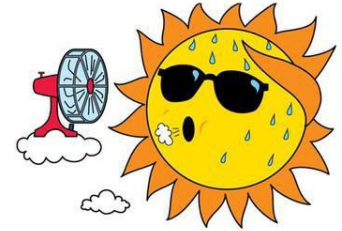




2024-25 HOT WEATHER PLAN



1. Weather will be monitored daily for heat advisories www.weathernetwork.ca and when required, outdoor activities and **recesses will be adjusted** to limit the time outdoors (i.e. high UV index and/or Humidex +30°C may warrant modified recess periods). Check DPCDSB website www.dpcdsb.org for updates.
2. Plan and maintain **minimum activity levels**. Students will be advised to find **shaded areas** in the yard. Outdoor physical education classes should be reconsidered with temperature advisories.
3. Students are encouraged to bring a **refillable water bottle** (labelled with their name) to school and to drink frequently throughout the day. We have a refillable water fountain station on both floors, as well as drinking fountains.
4. Our building is partially **air-conditioned** on the second floor, and library.
5. Classes on the main floor have been equipped with fans and will have rotating, limited access to an air-conditioned classroom though out the day.
6. Classroom **lights will remain off** whenever possible. Reduce direct sunlight by use of **blinds / drapes**.
7. Use of hats, sunglasses and sunscreen (SPF 15 minimum) are strongly recommended to protect students from the harmful rays of the sun. Wear light-weight, light-coloured, loose-fitting clothing that is appropriate for a Catholic school environment. Safe, appropriate footwear is also encouraged, as flip-flops and sandals can be tripping hazards when active.
8. Monitor students for **signs and symptoms of heat-related illnesses** (e.g. heavy sweating; weakness; cold, pale and/or clammy skin; fainting; vomiting). First Aid treatment will be administered as required.



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 **recess times may be modified** by keeping students inside,
and/or shortening time outside at lunch.

Familiarize yourself with the signs/symptoms of Heat Stress
as listed on the **Heat Stress posters** in the school.