

# Inclement Weather & Heat Policy

La Trobe Sport Holiday Program activities take place indoors and outdoors. It is recommended that children are prepared adequately for the season to ensure they can safely and comfortably participate in activities. In addition, La Trobe Sport will adhere to the weather guidelines outlined below to ensure the safety and wellbeing of all participants.

## **Heat Policy**

### **Clothing**

- Lightweight, breathable, loose-fitting clothing should be worn by children to provide sun protection and ventilation. Long sleeve shirts are preferable to provide sun protection for shoulders and arms.
- Children must wear close toed shoes (thongs are permitted during the aquatic session) during all activities.
- Skirts and dresses are not recommended.

### **Sun Protection**

- Children should bring their own sunscreen (SPF 50+ broad spectrum, water and sweat resistant). Children will be given time to apply sunscreen prior to the commencement of outdoor activities.
- Sunscreen will be provided for children who have failed to provide their own.
- A hat (preferably wide brimmed) and sunglasses must be worn during outdoor activities.

### **Hydration**

- Children must carry their own water bottles during the program so that they may hydrate at any time during the program.
- There will be scheduled breaks under shelter or shade for children to rest, hydrate and refill their water bottles.

### **Shade**

- During scheduled lunch and snacks breaks outdoors, marquees will be used to provide shade if natural shade is not available.

### **Indoor Activities**

- Indoor areas may become hot in cases of sustained elevated temperatures. In this instance doors, windows and fans will be used where possible to increase ventilation and air flow.

### **Outdoor Activities**

- Rock Climbing will be cancelled if temperatures are above 35 Celsius, if wind is above 35km/h or if it's raining to ensure safety of participants.
- Outdoor activities will be transitioned indoors if temperatures exceed 35 Celsius.
- No more than two activities outdoors will be scheduled consecutively to ensure time spent outdoors does not exceed 90 minutes.

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## Cold Policy

### **Clothing**

- During winter children should be prepared with warm clothing to wear for outdoor activities. A jumper, coat, and rain jacket are required.

### **Shelter**

- Lunch will be eaten indoors in a warm room rather than outdoors after the aquatic session.
- In the case of rain outdoor activities will be transitioned indoors.