PLASP
Child Care Services

Policies and Procedures
April 2016

Section: Operations
Subject: Adverse Weather Conditions Policy

INTENT:
This policy is intended to protect PLASP children from adverse effects associated with exposure to solar ultraviolet radiation, (UV) exposure to air pollutants, extreme heat and exposure to extreme cold.

HOT WEATHER GUIDELINES

- **Each child who receives child care for six hours or more in a day spends time outdoors for at least two hours each day, weather permitting, unless a physician advises otherwise in writing.**

- **During hot summer weather, Program Staff will access the website www.weather.gc.ca for the UV index, air quality and heat alerts.**

- **When the UV index is high, time outdoors will be limited between the hours of 10 am and 4 pm.**

- **Children will be provided with water to drink during their outdoor time.**

- **Parents of school age children will be encouraged to send children to the program with a broad spectrum SPF 30+ sunscreen, sunglasses, hats and protective clothing. With written permission from the parent, PLASP staff will assist children in applying sunblock before their time outdoors.**

- **Early Learning and Child Care Centre parents are asked to apply sunscreen on their children prior to dropping off in the morning.**

- **Prior to going outside, PLASP will provide, and PLASP staff will apply a broad spectrum SPF 30+ sunscreen to children in the Early Learning and Child Care Centres with written permission from the parent.**

- **While outdoors, Program Staff will utilize shaded areas, if available.**

- **This policy will be reviewed with all staff annually and the staff will sign to demonstrate they have read and understood the policy.**

UV INDEX SCALE

UV Index Values	Exposure Categories
0 - 2	Minimal - Wearing a hat is sufficient protection.
3 - 4	Low - Wearing a hat and a sunscreen with SPF 15 is recommended.
5 - 6	Moderate - Wearing a hat, a sunscreen with SPF 15 and staying in the shade is recommended.
7 - 9	High - In addition to the precautions recommended above, it is advised to stay indoors between 10 a.m. and 4 p.m.
10 +	Very High - In addition to the precautions recommended above, it is advised to stay indoors if possible.

UV Index	*Category*	*Sunburn Time*
over 9	**extreme**	**less than 15 minutes**
7-9	**high**	**about 20 minutes**
4-7	**medium**	**about 30 minutes**
0-4	**low**	**more than 1 hour**

When the UV index is over 9, UV-B is extremely strong, and you will burn in less than 15 minutes.

- **Outdoor activity will be avoided when pollution levels are high, which is often midday or afternoon.**

AIR QUALITY INDEX

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
When the AQI is in this range:	*...air quality conditions are:*	*...as symbolized by this color:*
0 - 50	Good	Green
51 - 100	Moderate	Yellow
101 - 150	Unhealthy for Sensitive Groups	Orange
51 - 200	Unhealthy	Red
201 - 300	Very Unhealthy	Purple
301 - 500	Hazardous	Maroon

HEAT ALERT GUIDE

Environment Canada will call Heat Alerts and Extreme Heat Alerts based on the following triggers:

Forecast Temperature High (°C)	Forecast Temperature Low (°C)	Forecast Humidex	Duration (days)	Action
31	N/A	40	1	Community Partners notified No alert issued
31	20	40	2	Medical Officer of Health will issue a Heat Alert
31	20	40	3	Medical Officer of Health will issue an Extreme Heat Alert

EXTREME COLD WEATHER ALERTS

The Medical Officer of Health will issue Extreme Cold Weather Alerts when Environment Canada forecasts a temperature of -15 °C or colder or a wind chill of -20 or colder.

Extreme Cold Weather Alerts may also be issued at warmer temperatures when Environment Canada's weather forecast includes factors that increase the impact of cold weather on health such as precipitation, low daytime temperatures, or several days and nights of cold weather in a row.

Winter – Exposure to Extreme Cold

At rest, an unprotected person is able to maintain their core body temperature until the temperature falls to or below minus 28 degrees Celsius. The main risks of exposure to extremely cold weather (minus 29 degrees Celsius or less) for relatively short periods (recess or lunch periods) are that of frostbite. Someone who is protected by clothing or is physically active may be able to withstand exposure to colder temperatures.

What is the Wind Chill Factor?

On a windy day, it feels much colder outdoors compared to a day without wind. This apparent coldness is due to a rapid cooling effect produced by the wind. The wind chill factor is a measure of the combined chilling effect of temperature and the wind, and represents the real rate of how fast an object (or person) cools. On average, the value of 1625 watts per square metre or a wind chill equivalent temperature of - 28 degrees Celsius represents the point at which exposed flesh will freeze. Children should not be outside for recess or lunch hour when the wind chill equivalent temperature is - 28 degrees Celsius or lower. This occurs at the following levels of wind/temperature:

Temperature	Wind Speed
-28 C	0 – 8 KPH (kilometers per hour)
-25 C	10 KPH
-20 C	20 KPH
-15 C	30 KPH
-10 C	40 KPH

In order to err on the side of caution, consideration should be given to keeping children indoors when the wind chill equivalent temperature is - 25 degrees Celsius or lower because of the variability of wind conditions with time and geographic location.

This policy will be reviewed with all staff annually and the staff will sign to demonstrate they have read, will abide and understand the policy.