

# **Bridlewood Children's Centre**

## **SUMMER HEALTH and SAFETY POLICY**

Bridlewood Children's Centre is aware of the effects of the sun and heat on children. The following policy is to ensure that the children are kept healthy and safe during our warmer months.

**Monitoring of the: Temperature / UV Index and the Air Quality.**

**In Extreme Temperatures / Heat: Temperatures 25 degrees Celsius or higher the children will not be outside for long periods of time. There will be on a time limit of 15 minutes per hour. If the staff feels that this can cause undue stress on the children's bodies they have the right to keep the children in doors for the duration of the day, alternate indoor activities will be made available.**

**UV Index: If the UV Index reaches 6 or higher rescheduling of Outdoor activities can take place.**

**Air Quality: Air Quality 6 and above rescheduling of Outdoor activities can take place.**

**Sunscreen: Protection against the high UV rays, and heat stroke, sun stroke.**

**Hat: Protection against heat stroke, sun stroke, burning and dehydration.**

**Water Bottle: Protection against dehydration, sun stroke, heat stroke.**

**Mosquito Repellant: Protection from West Niles and other possible mosquito transmitted diseases.**

**\*\* All children are required to have a HAT and WATER BOTTLE. NO EXCEPTIONS\*\***

**PARENTS / GUARDIANS, who do not wish their child to wear SUNSCREEN, are required to do the following:**

■ **A WRITTEN, SIGNED and DATED letter stating that your child(ren) is NOT to USE Sun Screen. If we have not received a letter stating this fact, the staff are required to use sunscreen on your child(ren). This letter will be kept on the child's file. A letter will be required yearly.**

**\*\*\*\*\*Parent / Guardian Supplied\*\*\*\*\***

**Sun Screen / Mosquito Repellant / Hat / Water Bottle.**

**\*\* We are required by Licensing to have regular daily outside activities.**

**Therefore, all children MUST have appropriate clothing.**

### **Nutrition:**

**It is very important that a child receives a healthy well-balanced diet, throughout the year  
Breakfast, Lunch and Snack(s) are supplied by the Program, following the Canada Food Guide,**

**\*\*Children can bring their own snacks if they so desire.**

**Water is an important part of keeping hydrated at any time of year. Children have water available to them all day.**

**Reminder: Policy is Located on Page 48 of the Parent Handbook**