

OUR LADY OF GOOD VOYAGE 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° 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:

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|-----------|----------|----------------------|
| • 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.***

Principal/Vice Principal will:

- 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