

# Beating the Heat at Club Scientific Summer Camp!

With hot summer temperatures upon us, we'd like to remind you of the extra precautions we take to make sure our campers stay cool and well hydrated. Safety measures include:

- Club Scientific camp counselors will ensure that hats are being worn and sunscreen is being re-applied throughout the day. If the Permission to Apply Sunscreen Form has been signed by parent/guardian, the Director(s) will assist in reapplying sunscreen.
- Children at all camp sites will have regular access to water fountains or drinking water taps. Campers should remember to bring their own water bottle to fill up throughout the day.
- Club Scientific camp counselors will plan lower activity games/activities when the sun is the strongest and will take advantage of shaded areas throughout the day.

**In addition, we follow the following guidelines for outdoor play:**

**Green:** Comfortable for outdoor play. Heat indexes up to/including the 80's. (Heat index – how hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.) Sunscreen will be reapplied if Waiver signed. Children will be reminded to drink.

**Yellow:** Caution. Heat index in the 90's. Children will be closely observed for being too hot while outdoors. Sunscreen will be reapplied if Waiver signed. Children will be reminded to drink often. Length of outdoor time will be shortened.

### Understand the Weather

**Wind-Chill**

- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed skin will freeze in 1 minute

**Heat Index**

- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

## Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

Wind Speed in mph

| Air Temperature | Wind Speed in mph |     |     |     |     |     |     |     |     |     |
|-----------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|                 | Calm              | 5   | 10  | 15  | 20  | 25  | 30  | 35  | 40  |     |
| 40              | 40                | 36  | 34  | 32  | 30  | 29  | 28  | 28  | 28  | 27  |
| 30              | 30                | 25  | 21  | 19  | 17  | 16  | 15  | 14  | 14  | 13  |
| 20              | 20                | 13  | 8   | 6   | 4   | 3   | 1   | 0   | 0   | -1  |
| 10              | 10                | 1   | -4  | -7  | -9  | -11 | -12 | -14 | -14 | -15 |
| 0               | 0                 | -11 | -16 | -19 | -22 | -24 | -26 | -27 | -27 | -29 |
| -10             | -10               | -22 | -28 | -32 | -35 | -37 | -39 | -41 | -41 | -43 |

Comfortable for out door play

Caution

Danger

Heat Index Chart (in Fahrenheit %)

Relative Humidity (Percent)

| Air Temperature (F) | Relative Humidity (Percent) |     |     |     |     |     |     |     |     |     |     |     |     |  |  |  |
|---------------------|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|--|--|
|                     | 40                          | 45  | 50  | 55  | 60  | 65  | 70  | 75  | 80  | 85  | 90  | 95  | 100 |  |  |  |
| 80                  | 80                          | 80  | 81  | 81  | 82  | 82  | 83  | 84  | 84  | 85  | 86  | 86  | 87  |  |  |  |
| 84                  | 83                          | 84  | 85  | 86  | 88  | 89  | 90  | 92  | 94  | 95  | 98  | 100 | 103 |  |  |  |
| 90                  | 91                          | 93  | 95  | 97  | 100 | 103 | 105 | 109 | 113 | 117 | 122 | 127 | 132 |  |  |  |
| 94                  | 97                          | 100 | 103 | 106 | 110 | 114 | 119 | 124 | 129 | 135 |     |     |     |  |  |  |
| 100                 | 109                         | 114 | 118 | 124 | 129 | 130 |     |     |     |     |     |     |     |  |  |  |
| 104                 | 119                         | 124 | 131 | 137 |     |     |     |     |     |     |     |     |     |  |  |  |

Red: Danger. Heat index of 100 or more. Children will play indo

### Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

**Condition GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

**INFANTS AND TODDLERS** are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

**YOUNG CHILDREN** remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

**Condition YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

**INFANTS AND TODDLERS** use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play. **YOUNG CHILDREN** may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

**Condition RED** - most children should not play outdoors due to the health risk. **INFANTS/TODDLERS** should play indoors and have ample space for large motor play. **YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions.

**OLDER CHILDREN** may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

### Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

**Blizzard Warning:** There will be snow and strong winds that produce a hindering snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

**Winter Weather Advisory:** Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

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# Club Scientific South Charlotte Summer Camp

## Permission to Apply Sunscreen Waiver Form

Name of Child \_\_\_\_\_

Camp Name \_\_\_\_\_

Club Scientific South Charlotte requests that sunscreen be applied to your child prior to them attending camp for the day.

As the parent or legal guardian of the above named child, I hereby give my permission the Director(s) at Club Scientific Summer Day Camp to apply a sunscreen product of SPF 15 or higher to my child, as specified below, when he or she will be engaging in outdoor activities between the times of 10:00 AM and 4:00 PM. I understand that sunscreen may be applied to exposed skin, including but not limited to the face, tops of ears, nose, bare shoulders, arms, and legs.

Additionally, I have checked and/or indicated below my directives regarding the type and application of sunscreen:

\_\_\_\_ The Director(s) of Club Scientific Summer Day Camp may use the sunscreen of their choice according to package directions.

\_\_\_\_ Only use the following type(s) SPF of sunscreen (parent will provide):

\_\_\_\_\_

\_\_\_\_ For medical or other reasons, please don't apply sunscreen to the following areas of my child's body:

\_\_\_\_\_

Parent/Guardian Full Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_