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| ב"ה | Joods Onderwijs Den Haag<br>KDV en BSO | Registratienummer Landelijk register KDV | 768459552 |
|     |                                        | Registratienummer Landelijk register BSO | 175970026 |

## HEAT PROTOCOL

### KDV and BSO Tzemach Hasadeh (Gan)

**National Childcare Register Number (Day Care):** 768459552

**National Childcare Register Number (After School Care):** 175970026

### 1. Purpose

This protocol describes the measures taken by KDV and BSO Tzemach Hasadeh during periods of warm and extremely hot weather.

Its purpose is to safeguard the health, safety and well-being of children and staff members by preventing heat-related health risks as much as possible.

This protocol forms part of the Health and Safety Policy of the organisation.

### 2. When does this protocol apply?

This protocol comes into effect whenever one or more of the following situations occur:

- the outdoor temperature reaches **25°C or higher**;
- the indoor temperature reaches **25°C or higher**;
- the Dutch National Institute for Public Health and the Environment (RIVM) activates the National Heat Plan;
- staff observe that children or colleagues are experiencing discomfort due to the heat.

When temperatures reach **27°C or higher**, additional measures are implemented and the situation is monitored more closely throughout the day.

**If the Royal Netherlands Meteorological Institute (KNMI) issues a Code Red weather warning for extreme heat for the Hague region, KDV and BSO Tzemach Hasadeh will close.** The safety and well-being of children and staff always take priority.

### 3. Risks of Heat

Young children are especially vulnerable to high temperatures because they cannot regulate their body temperature as effectively as adults and may not recognise or communicate that they are thirsty or overheating.

Staff pay extra attention to signs such as:

- tiredness or lethargy;
- excessive sweating;
- flushed or unusually pale skin;
- rapid breathing;
- headache;
- dizziness;
- nausea;
- drowsiness or confusion;
- reduced urination or dark-coloured urine;
- unusually warm skin or neck.



If serious symptoms occur, parents are contacted immediately. If necessary, a general practitioner or the emergency services (112) will be contacted.

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#### 4. General Measures

During warm weather, the following measures apply:

- the weather forecast is checked daily;
- children are offered water frequently;
- additional drinking moments are scheduled throughout the day;
- children are actively encouraged to drink;
- strenuous physical activities are reduced;
- calm indoor activities are preferred;
- outdoor play takes place primarily in shaded areas;
- outdoor activities are planned during the morning or late afternoon;
- between 12:00 p.m. and 3:00 p.m., children remain indoors or in shaded areas whenever possible;
- staff members also ensure they drink sufficient water.

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#### 5. Measures Inside the Building

To keep indoor temperatures as comfortable as possible:

- rooms are ventilated early in the morning while outside temperatures are lower;
- windows and doors remain closed once the outdoor temperature exceeds the indoor temperature;
- blinds, curtains and sunshades are closed in time to block direct sunlight;
- electrical appliances that generate heat are used as little as possible;
- temperatures in group rooms and sleeping rooms are checked several times each day;
- fans are used to improve air circulation but are never directed at children;
- air conditioning, where available, is used safely;
- if a room becomes too warm, children are moved to a cooler room whenever possible.

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#### 6. Food and Drinks

Additional measures regarding food and drinks include:

- children are offered drinks more frequently than usual;
- regular drinking moments are scheduled even if children do not ask for drinks;
- babies receive their normal feeds according to individual agreements;
- if there are concerns regarding additional fluid intake, parents are consulted;
- light meals and fresh fruit are offered whenever possible;
- food that has fallen on the floor is discarded;
- staff members also ensure adequate hydration.

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#### 7. Outdoor Play and Sun Protection

The daily programme is adapted during hot weather.

- Outdoor play is scheduled preferably before noon or after 3:00 p.m.
- Children play in shaded areas whenever possible.
- Active games are replaced with quieter activities.
- Children wear lightweight, breathable clothing.
- Where possible, children wear hats or caps.



- Sunscreen is applied according to agreements made with parents.
- Water play activities always take place under direct adult supervision.
- Water used for play is kept clean and disposed of after use.

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## 8. Sleeping During Hot Weather

### Room Temperature

- The temperature in every sleeping room is checked and recorded at least every **30 minutes**.
- Sleeping rooms are kept as cool as reasonably possible.
- Fans may be used for air circulation but are never directed at sleeping children.

### Sleepwear

- Children wear lightweight clothing.
- Depending on the temperature, babies sleep in a bodysuit or only a diaper.
- Thick sleeping bags and heavy blankets are not used during hot weather.
- Children are not overdressed or overcovered while sleeping.

### Additional Monitoring

Sleeping children are checked more frequently than usual.

Staff monitor:

- body temperature (neck);
- sweating;
- breathing;
- skin colour;
- overall well-being;
- alertness upon waking.

### Assessment of the Sleeping Environment

Room temperature is only one factor when determining whether sleeping conditions remain safe.

Staff also consider:

- air circulation;
- humidity;
- the use of fans;
- the child's general well-being.

A higher room temperature does not automatically make sleeping unsafe. The pedagogical staff member, together with the manager, assesses whether additional measures are required.

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## 9. Hygiene and Care

During warm weather:

- normal hygiene procedures remain in place;
- children are regularly checked for signs of overheating;
- diapers are changed promptly;
- staff interact calmly and patiently with children;
- personal belongings of staff members remain out of children's reach.

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## 10. Communication with Parents

Parents are informed whenever necessary about:

- adjusted outdoor play times;



- additional drinking moments;
- lightweight clothing;
- sunscreen;
- hats or caps;
- an extra change of clothing.

Parents are asked to:

- dress their child appropriately for warm weather;
- inform staff about illness, medication or reduced drinking.

If a child shows signs of heat-related discomfort, parents are contacted immediately. If necessary, parents may be asked to collect their child earlier.

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## 11. Responsibilities

### Pedagogical Staff

Staff members are responsible for:

- implementing this protocol;
- monitoring room temperatures;
- recording temperature measurements;
- adjusting the daily programme;
- recognising signs of heat-related illness;
- informing parents when necessary;
- reporting any concerns to the manager.

### Manager

The manager is responsible for:

- supervising the implementation of this protocol;
- supporting staff members;
- ensuring this protocol remains part of the Health and Safety Policy;
- reviewing the protocol annually;
- making decisions during periods of extreme heat.

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## 12. Decision-Making During Extreme Heat

The Gan remains open as long as the safety and well-being of children and staff can be adequately guaranteed. During periods of extreme heat, the manager assesses each day whether safe childcare can continue. Factors considered include:

- weather forecasts;
- KNMI and RIVM warnings;
- temperatures in group rooms;
- temperatures in sleeping rooms;
- the ability to keep rooms sufficiently cool;
- the health and well-being of children and staff;
- staffing levels;
- the practical implementation of all measures described in this protocol.

**If the KNMI issues a Code Red warning for extreme heat for the Hague region, KDV and BSO Tzemach Hasadeh will close.** This is a predetermined safety measure. The health and safety of children and staff always take precedence.



Parents will be informed as soon as possible. If the warning is issued in advance, parents will be notified no later than the day before. If a Code Red warning is issued during the day, parents will be informed immediately and, if necessary, asked to collect their child as soon as possible.

During **Code Orange** or other periods of extreme heat without a Code Red warning, the Gan will generally remain open while implementing all measures described in this protocol.

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### 13. Record Keeping

During hot weather, sleeping room temperatures are recorded throughout the day.

Any incidents, unusual observations or deviations from this protocol are documented and reported to the manager.

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### 14. Evaluation

After every period of extreme heat, the team evaluates:

- which measures worked well;
- any difficulties encountered;
- any incidents or concerns;
- possible improvements.

This protocol is reviewed at least annually and updated whenever necessary.