



VOLUNTEER HOT WEATHER POLICY

January 2023

Regardless of the temperature, volunteers are encouraged to follow the 'Sun Smart' guidelines from the Cancer Council SA's website:

- Clothing to cover as much skin as possible
- Wear a hat that protects the head, face, ears and neck
- Stay in the shade whenever possible
- Wear sunglasses
- Wear sunscreen
- Drink water on a regular basis

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

If the forecast temperature for Brighton is 38 or above on the Bureau of Meteorology's (BOM) website the day prior to volunteering, the marquee will be closed between 2-8pm and the allocated volunteers do not have to attend.

If the forecast temperature for Brighton is 38 or above on the BOM website the day prior to volunteering, the Esplanade walkers do not have to attend between 12-8pm. In addition, the walkers may choose not to attend when the temperature is less than 38, but please text the Volunteer Coordinator.

When the forecast temperature is 35-37 degrees, (or on request), we encourage all volunteers if they wish, to rotate between positions to take advantage of the shaded areas, air conditioners and fans. People who choose to volunteer in the marquees due to limited mobility will NOT be expected to do the Esplanade walk.

There will be large fans /air con set up in the marquees and side flaps raised to aid in ventilation. The volunteer seating can be placed just outside the marquee in the shade or an area of your choice. On weekends we will have access to the first aid services of the Brighton Surf Life Saving Club.

Walkers just need to have a presence on the Esplanade – they are not expected to walk for 2 hours. Sitting under a tree on one of the seats for 2 hours is acceptable at any time, but is especially recommended on hot days.

We value our volunteers and don't expect ANY volunteer to do anything that will jeopardise their health/wellbeing or that they feel uncomfortable with.