

BUSH KINDER EXTREME WEATHER POLICY

Farm Road Pre-school

National Quality Framework – Quality Area 3

PURPOSE

This policy aims to:

- Provide a framework around which well-informed decisions may be made by Farm Road Pre-school to cancel Bush Kinder session/s in response to forecast weather conditions, and to ensure that parents/guardians understand this framework;
- Ensure the health and safety of all children and staff when the weather conditions become extreme during a session;
- Provide guidelines for staff in the event of extreme weather during a Bush Kinder session;
- Provide appropriate mechanism for communication of session cancellations in extreme weather conditions;
- Impress upon parents/guardians that they may collect their child from a Bush Kinder session at any time in response to the weather conditions (or for any other reason).

POLICY STATEMENT

1. VALUES

Farm Road Pre-school is committed to:

- Providing a safe and healthy environment for children participating in the Bush Kinder program;
- Facilitating a Bush Kinder experience in a variety of safe weather conditions including rain, to allow children to experience nature as a broad a spectrum as possible without compromising the safety of the participants;
- Accessing appropriate resources to enable well informed determinations to be made regarding weather conditions;
- Facilitating effective and timely communications to parents/guardians regarding weather conditions, cancellations or relocations of children in the event of extreme weather;
- Respecting the rights of parents/guardians to remove their child from a Bush Kinder session at any time in response to the weather conditions (or for any other reason).

2. SCOPE

This policy applies to children, parents/guardians, staff, committee members, authorised persons, volunteers and students on placement working at Farm Road Pre-school.

3. BACKGROUND AND LEGISLATION

Background

Farm Road Pre-school's Bush Kinder program is intended to operate across a broad spectrum of weather conditions, allowing the children to experience nature and its elements across the seasons. Whatever the weather, children are encouraged to take the lead in playing, exploring and learning in a natural environment. However, extreme weather conditions may arise periodically which can put the well-being and safety of the children, staff and volunteer helpers at risk. This policy provides the parameters within which the kindergarten can make determinations to cancel Bush Kinder sessions in response to forecast extreme weather conditions and ensure appropriate communication channels are in place to inform participants. It also provides a framework for staff in the event that extreme weather conditions arise during a session and provides procedures for effective evacuation to a safe location.

Legislation and standards

Relevant legislation may include but is not limited to:

- Occupational Health and Safety Act 2004
- Occupational Health and Safety Regulations 2017
- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2011
- National Quality Standard – Quality Area 3

4. DEFINITIONS

Bureau of Meteorology: Australia's national weather, climate and water agency. Website: www.bom.gov.au

Extreme Weather: Weather that threatens the immediate or long-term safety of individuals, as a result of heavy rain, lightning, wind or heat. The risk to individuals' wellbeing is guided by the Bureau of Meteorology's forecast conditions. An extreme weather table is shown below. Bush Kinder sessions will be cancelled if any of these determinants are met.

WEATHER CONDITION	EXTREME WEATHER DETERMINANT CAUSING CANCELLATION
Forecast Temperature	Greater than 34 degrees Celsius and the Kindergarten teacher decided it was appropriate to cancel Bush Kinder. Note: there is no pre-set minimum temperature. Thermals and clothing layers should be worn on very cold days (refer to Protective Clothing Policy).
Forecast wind speed	High Winds > 35Km per hour, or otherwise deemed to be unsafe.
Forecast electrical storm activity	Thunderstorm / electrical storm / Warnings issued by the Bureau of Meteorology of extreme storm conditions, excessive rainfall or hail.
Grounds flooded near or at Bush Kinder site	On inspection of the Bush Kinder site by educators.

BOM weather warnings of extreme storm conditions and excessive rainfall

On warning issued by the Bureau of Meteorology.

In addition to the above, Farm Road Pre-school Committee and staff have the discretion to cancel a session/s if it views the weather to be poor for Bush Kinder purposes even if the extreme weather determinants in the above table are not reached. Weather warnings from the Bureau of Meteorology for the area would also necessitate cancellation.

Protective Clothing: Refer to Bush Kinder Protective Clothing Policy.

5. SOURCES AND RELATED POLICIES

Sources

- Victoria Government “Better Health Channel” website: <https://www.betterhealth.vic.gov.au/>
- Victoria State Government Department Education and Training: <https://www.vic.gov.au/education/>

Service policies

- Bush Kinder Protective Clothing Policy (Bush Kinder Specific)
- Bush Kinder Safety and Hygiene Policy (Bush Kinder Specific)
- Bush Kinder Emergency Evacuation Policy (Bush Kinder Specific)
- Bush Kinder Risk assessment versus Benefits (Bush Kinder Specific)
- Occupational Health & Safety Policy
- Incident, Injury, Trauma & Illness Policy
- Excursions, Regular Outings & Service Events
- Child Safe Environment and Wellbeing Policy

PROCEDURES

General

The Committee of Management is responsible for:

- Providing an extreme Weather Policy which gives clear guidelines to staff and parents about extreme conditions that will necessitate cancellation of a Bush Kinder session/s and provide guidance and procedure for staff in the event of extreme weather during a Bush Kinder session;
- All parents/guardians being aware of this policy and are provided access to the policy on request;
- Ensuring communication channels are in place to facilitate notification to parents/guardians in the event of cancellation of a Bush Kinder session or if the group has been evacuated to a safe location in response to extreme weather.

The Nominated Supervisor, Persons in Day-to-Day Charge, and other educators are responsible for:

- Monitoring the weather forecast via the Bureau of Meteorology website the day prior to the Bush Kinder session at approximately 6pm, and again the morning of the Bush Kinder session at 8am (for the morning session of Bush Kinder);
- Making a decision as to whether or not Bush Kinder will go ahead based on best weather forecast information available from Bureau of Meteorology, or on assessment of conditions at the site;
- If extra clarification needed, staff will contact the Bureau of Meteorology by phone;

- Notifying parents/guardians of Bush Kinder cancellation via SMS from the Kindergarten’s mobile phone by 6pm the night before the Bush Kinder session or by 8am on the morning of the morning Bush Kinder session;

Note: A Bush Kinder session may be cancelled at short notice or during a session based on updated weather information or at the discretion of staff.

- Relocating the Bush Kinder session to the main Kinder room - Farm Rd Pre-school, 47 Farm Road, Cheltenham, if the weather conditions are deemed extreme or unsafe.
- Notifying parents/guardians via SMS from the Kindergarten’s mobile phone in the event a Bush Kinder session has been cancelled mid-way through, or if the group has been evacuated to a safe location in response to extreme weather conditions.

WEATHER CONDITION	SAFE ACTIONS
<p>Heat Risks include sunburn, heat stress, heat stroke and dehydration</p>	<ul style="list-style-type: none"> • Monitoring children for heat exhaustion / heat stroke (see Attachment 1 for symptoms and treatments) • Offer water for hydration at regular intervals • Establish activities in shaded areas and encourage children to play in the shade • Ensure application of sunscreen by parents at the start of the session • Ensure appropriate protective clothing, including hats are worn (Refer to Protective Clothing Policy)
<p>Rain / Hail / Cold Risks include child getting wet, onset of hypothermia, injury from hailstones Bush Kinder will still operate in light rain, but the session will be cancelled if conditions are dangerous, or deemed otherwise unsuitable.</p>	<ul style="list-style-type: none"> • Monitor children for wet clothes and change if necessary • Ensure appropriate wet weather clothing is worn • Encourage wearing of appropriate clothing, including gloves, beanies, etc. • Seek shelter in heavy rain or hail
<p>Electrical storm activity / lightning Risks include lightning strike, trees / tree limbs falling as a result of lightning strike</p>	<ul style="list-style-type: none"> • Move children away from trees • Seek undercover shelter • Act in accordance with guidelines provided in Attachment 2 in relation to actions if caught in an electrical storm, and first aid for lightning victims
<p>High Winds Risks include falling trees / tree limbs, blowing particles (sand, dirt) into eyes</p>	<ul style="list-style-type: none"> • Ensure structures and dangerous items are secure • Move children away from trees • Seek shelter if necessary

Parents/guardians are responsible for:

- Ensuring they are comfortable at all times with the forecast weather conditions while their child is attending a Bush Kinder session. If a parent/guardian feels concern for the wellbeing of their child due to the weather conditions, they should consider withholding their child from the session. If a change in weather conditions causes a parent concern during a Bush Kinder session, they are able to collect their child at any time.
- Ensuring that clothing suitable for the weather conditions is always worn and that a change of clothes is provided. Refer to Protective Clothing Policy.
- Ensuring they carry a mobile phone with them at all times, and that they are contactable at all times while the Bush Kinder session is in progress. Where a mobile phone is not available, an alternative reliable contact number must be supplied.
- Reading and being familiar with the policy.
- Bringing relevant issues to the attention of both staff and committee.

EVALUATION

In order to assess whether the policy has achieved the values and purposes the proprietor (committee) will:

- Seek feedback regarding this policy and its implementation with parents of children participating in the Bush Kinder program. This can be facilitated through discussions and the annual centre survey.
- Ask staff to share their experiences and observations in relation to the effectiveness of this policy.
- Regularly review the policy and centre practices to ensure they are compliant with any new legislation, research or best practice procedures.

ATTACHMENTS

Attachment 1: Better Health Channel – Heat Stress and Heat Related Illness

Attachment 2: Victoria State Government Education and Training – Emergency Response Procedures – Lightning Strike

AUTHORISATION

This policy was adopted by the Approved Provider of Farm Road Pre-School on the 2nd of March 2026.

REVIEW DATE: 02 March 2028 or as dictated by changes in regulations.

Heat-related health problems

Summary

- Heat kills more Australians than any natural disaster.
 - Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.
 - Extreme heat can affect anybody.
 - Those most at-risk include people over 65 years, babies and young children, pregnant women, people with acute or chronic health problems and people who are socially isolated.
 - Call Triple Zero (000) in a medical emergency like heatstroke or other serious medical condition.
 - Take steps to protect yourself and others by keeping cool, staying hydrated, planning ahead and checking in with others.
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Heat-related health problems

Heat kills more Australians than any other natural disaster. Climate change is resulting in more hot days and more intense heatwaves. Now more than ever it's important to know the risks of heat and how to protect yourself and others.

Extreme heat can affect anybody. Those more at-risk include people over the age of 65, babies and young children, pregnant women, people with acute or chronic health problems and people who are socially isolated.

Heat-related health problems occur when our bodies can't cool down well enough to maintain a healthy temperature, or become dehydrated through sweating.

Heat can cause serious and potentially fatal health problems such as heat exhaustion and heatstroke, trigger sudden events like heart attack or stroke, or worsen existing medical conditions like kidney or lung disease.

You can **take steps to protect yourself and others**

(<http://www.betterhealth.vic.gov.au/health/healthyliving/how-to-cope-and-stay-safe-in-extreme-heat>)

by keeping cool, staying hydrated, planning ahead and checking in with others.

People more at-risk of heat-related health problems

Anyone can suffer from heat-related health problems, but those more at-risk include:

- People over 65 years
- Babies and young children
- **Pregnant women**
(<http://www.betterhealth.vic.gov.au/healthyliving/pregnancy>)
- People who have existing medical conditions, such as **cardiovascular disease**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-disease-risk-factors>)
, **kidney disease**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/kidney-disease>)
, **diabetes**
(<http://www.betterhealth.vic.gov.au/conditionsandtreatments/diabetes>)
, or **mental illness**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mental-illness>)

- People on certain medications including diuretics (fluid tablets), beta-blockers, drugs with anticholinergic properties, and central nervous system stimulants
- People who work or exercise outdoors
- People who are socially isolated or living alone, because there may not be someone to support or check in with them during extreme heat.
- People with limited ways to keep cool, such as air conditioning, including people living in buildings that heat up easily or people who are experiencing homelessness.

Causes of heat-related health problems

During hot weather, our bodies work to prevent overheating by sweating and redirecting blood flow to the skin. People can also take actions such as **staying cool**

(<http://www.betterhealth.vic.gov.au/health/healthyliving/how-to-cope-and-stay-safe-in-extreme-heat>)

using air-conditioning, and drinking more water than usual. Heat-related health problems happen when these protective changes in the body, combined with the actions people take are not enough to avoid overheating or dehydration, and organ systems begin to malfunction.

Heat-related health problems occur through several pathways:

- A major rise in body temperature, due to a build-up of heat, leads to conditions such as heat exhaustion, and eventually heat stroke, which is a medical emergency.
- The redirection of blood flow to the skin, means that the heart must work harder than normal. Strain on the heart can cause problems for people with existing heart conditions, for example by triggering a heart attack.
- An increase in sweating can lead to dehydration if fluid loss is not replaced by drinking enough. Dehydration can cause weakness and fainting, lead to kidney problems and worsen other medical conditions.

Symptoms and first aid for heat-related health problems

It is important to know the signs and symptoms of heat-related health problems and how to respond. Symptoms vary according to the type of health problem.

Apply **first aid**

(<http://www.betterhealth.vic.gov.au/health/conditions-and-treatments/first-aid-basics-and-drsabcd>)

and seek medical assistance immediately if someone shows signs of heat exhaustion, heatstroke or another **health emergency**

(<http://www.betterhealth.vic.gov.au/save-lives-save-000-emergencies>)

Deterioration in existing medical conditions

Extreme heat can worsen existing health problems. Conditions that may be triggered or worsened by heat include:

- **Heart attack**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-attack>)
- **Stroke**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/stroke>)
- **Kidney problems**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/kidneys>)
- **Asthma**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma>)
and other **respiratory illnesses**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/respiratory-system>)
(especially in the presence of air pollution or **smoke**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-and-smoking>)
).

Dehydration

Dehydration occurs when the body doesn't have enough fluid to carry out its normal functions.

Symptoms of dehydration include:

- Thirst
- Dry mouth
- Passing less urine than usual
- Dark or strong-smelling urine
- Dizziness or headache
- Irritability or difficulty thinking clearly.

First aid for dehydration due to heat includes:

- Move to a cool area and rest.
- Drink plenty of fluids.
- Remove unnecessary clothing.
- Cool down by wetting the skin with cool water.
- See a doctor if there is no improvement or you are concerned.

Heat exhaustion

Heat exhaustion is a serious condition that can progress to heatstroke. It can occur when core body temperature rises to 38-39°C.

Signs and symptoms of heat exhaustion include:

- Heavy sweating
- Pale skin
- **Muscle cramps**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/muscle-cramp>)
- Weakness
- **Dizziness**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/dizziness-and-vertigo>), **headache**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/headache>)
- Nausea, vomiting
- **Fainting**
(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/fainting>)
- Rapid pulse.

First aid for heat exhaustion includes:

- Seek immediate medical assistance by calling **Nurse-on-Call**
(<http://www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service>)
on **1300 60 60 24**
for 24-hour health advice, transporting the person to a doctor or emergency department, or contacting the **Victorian Virtual Emergency Department**
(<https://www.vved.org.au/>)
– for non-life-threatening emergencies.
- **Call Triple Zero (000)** for an ambulance if medical care is unavailable, the person is not improving or if you think they could have heatstroke.

- Get the person to a cool area and lay them down.
- Remove excess clothing including shoes and socks.
- Cool the person down: Wet their skin with cool water, fan continuously, apply a cool, damp sponge or cloth, or apply ice packs or crushed ice in a damp towel on the neck, groin or armpits. If they are able, have the person take a cool shower or bath.
- Encourage frequent sips of cool water.

Heatstroke

Heatstroke can occur when the core body temperature rises above 40 °C and blood flow to internal organs is restricted. Many organs in the body suffer damage and the body temperature must be reduced quickly.

Heatstroke may appear similar to heat exhaustion, but the skin may be dry with no sweating and the person may appear confused or agitated. Signs and symptoms include:

- Confusion or agitation
- Loss of consciousness
- Profuse sweating or hot, dry skin
- Muscle twitching or seizures
- Rapid breathing
- Rapid pulse
- Very high body temperature.

Heatstroke is a medical emergency and requires urgent attention:

- **Call Triple Zero (000) immediately for an ambulance.**
- While waiting for emergency medical help, get the person to a cool, shady area and lay them down. Have someone stay with the person.
- Remove excess clothing including shoes and socks.
- Cool the person as quickly as possible: wet their skin with cool water, fan continuously, apply a cool, damp sponge or cloth, apply ice packs or crushed ice in a damp towel on the neck, groin or armpits.
- Give the person cool water to drink if they are fully conscious and able to swallow.
- Position an unconscious person on their side and ensure they are breathing normally. If needed, perform CPR (<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cardiopulmonary-resuscitation-cpr>) . Wait for the ambulance to urgently transport the person to hospital
- If medical attention is delayed, seek further instructions from Triple Zero, ambulance or hospital emergency staff, while waiting for the ambulance.

Heat cramps

Heat cramp

(<http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/muscle-cramp>)

symptoms include muscle pains or spasms, usually in the abdomen, arms or legs.

Cramps may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water.

Heat cramps may also be a symptom of heat exhaustion.

First aid for heat cramps includes:

- Rest in a cool place.
- Increase fluid intake.

- Rest a few hours before returning to activity.
- Seek medical help if there is no improvement, the person affected is unwell or if you are concerned, by calling **Nurse-on-Call** (<http://www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service>) on **1300 60 60 24** for 24-hour health advice, seeing your doctor or contacting the **Victorian Virtual Emergency Department** (<https://www.vved.org.au/>) – for non-life-threatening emergencies.

Heat rash



Heat rash, also known as prickly heat, is an itchy skin irritation caused by excessive sweating.

It can occur at any age but is most common in babies and young children.

Heat rash occurs when the body sweats more than usual.

Heat rash is most likely to occur on the neck, upper chest, waistline, in the groin, under the breasts, and in skin folds and armpits.

The symptoms of heat rash include redness, mild swelling, and a cluster of small red spots in the affected area, associated with itch and prickling sensation.

Symptoms of heat rash can last for several days.

Heat rash normally goes away without treatment. To prevent heat rash and help it resolve faster you can:

- Move to a cooler and well ventilated, less humid environment to cool down and stop sweating.
- Keep the affected area dry.
- Wear loose cotton clothing to help prevent overheating and avoid scratchy fabrics which irritate the skin.
- A pharmacy can recommend treatments to ease itching and inflammation.

If symptoms do not improve seek further medical attention. Call **Nurse-on-Call**

(<http://www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service>)

on **1300 60 60 24**

for 24-hour health advice, see your doctor or contact the **Victorian Virtual Emergency Department**

(<https://www.vved.org.au/>)

– for non-life-threatening emergencies.

Preventing heat-related health problems

Take steps to protect yourself and your loved ones from heat-related health problems. **Keep cool, stay hydrated, plan ahead and check in with others.**

Refer to the **How to stay safe in extreme heat**

(<http://www.betterhealth.vic.gov.au/health/healthyliving/how-to-cope-and-stay-safe-in-extreme-heat>)

page for more information.

Where to get help

- **In an emergency, call triple zero (000)**

- Your GP (doctor)
(<http://www.betterhealth.vic.gov.au/health/serviceprofiles/general-practitioner-services>)
– if you, or someone you know, may be suffering from a heat-related illness
- Nurse-on-Call
(<http://www.betterhealth.vic.gov.au/health/serviceprofiles/nurse-on-call-service>)
Tel. 1300 60 60 24
– for expert health information and advice (24 hours, 7 days)
- Contact the Victorian Virtual Emergency Department
(<https://www.vved.org.au/>)
– for non-life-threatening emergencies
- Maternal and Child Health Line
(<http://www.betterhealth.vic.gov.au/health/serviceprofiles/maternal-and-child-health-line>)
, Victoria Tel. 132 229
(24 hours, 7 days)
- St John Ambulance Australia
(<https://www.stjohnvic.com.au/>)
– for information and resources on first aid

In your language

- العربية (Arabic)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-arabic>)
- 简体中文 (Chinese Simplified)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-chinese-simplified>)
- 繁體中文 (Chinese Traditional)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-chinese-traditional>)
- Ελληνικά (Greek)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-greek>)
- هزارگی (Hazaragi)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-hazaragi>)
- Italiano (Italian)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-italian>)
- ខ្មែរ (Khmer)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-khmer>)
- Македонски (Macedonian)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-macedonian>)
- ਪੰਜਾਬੀ (Punjabi)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-punjabi>)
- ภาษาไทย (Thai)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-thai>)
- Türkçe (Turkish)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-turkish>)
- Tiếng Việt (Vietnamese)
(<http://www.betterhealth.vic.gov.au/heat-related-health-problems-vietnamese>)
- English (PDF)
(<https://www.betterhealth.vic.gov.au/sites/default/files/2025-10/heat-related-health-problems-english.pdf>)

References

- Extreme heat and heatwaves
(<https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat>)

, Department of Health, Victorian Government.

- **Extreme heat**
(<https://www.cdc.gov/disasters/extremeheat/index.html>)
, 2021, US Centers for Disease Control and Prevention.
- **Hot weather**
(<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>)
, Sports Medicine Australia.

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Department of Health - Environmental Health Unit
of Health (<https://www.health.vic.gov.au/public-health/environmental-health>)

(<https://www.health.vic.gov.au/>)

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ATTACHMENT 2:

Victoria State Government Education and Training - Emergency Response Procedures – Lightning Strike

If thunder happens within 30 seconds of lightning, then the storm is within 10 kilometres of your location. Lightning safety experts consider this the strike danger zone and advise people to follow the 30/30 rule.

THE 30/30 RULE

Follow the precautions outlined below when thunder is heard within 30 seconds of a lightning flash and wait for 30 minutes after the last thunder is heard to resume your activity. If you're unable to take shelter inside, find the safest accessible location and stay there until the storm has passed.

GENERAL PRECAUTIONS:

- Stay away from metal poles, fences, clothes lines etc.
- Never ride horses, bicycles or drive in open vehicles.
- If driving, slow down or park away from trees, power lines or other objects that may be damaged by storm activity.
- Stay inside metal-bodied (hard top) vehicles or caravans but do not touch any metal sections.
- If undertaking water activities, leave the water immediately.
- If boating, go ashore to shelter as soon as possible. (A bridge or high jetty may offer immediate protection.)
- Discard all metal objects.

IF SHELTER IS NEAR-BY:

- Seek shelter in a hard-top vehicle or solid building. Avoid small structures or fabric tents.
- Keep clear of windows.

IF SHELTER IS NOT AVAILABLE:

- Crouch (alone, feet together), preferably in a hollow. Make yourself a small target.
- Remove metal objects from head/body.
- Do not lie down (the more of you that is in contact with the ground, the more 'attractive' you are to Lightning) but avoid being highest object.
- If your hair stands on end or you hear buzzing on nearby rocks, fences etc., move immediately. At night, a blue glow may show if an object is about to be struck.
- Stay away from high and low points (hilltops, ridges & gullies), rock overhangs and shallow caves.
- Keep out of, and well away from, water bodies or watercourses.
- Make sure the group is aware of the Lightning Safe Position. This involves:
- Squatting or crouching with knees drawn up and feet together, preferably on dry insulating material (e.g. foam mat).
- Keeping hands off the ground.
- Spread group members out – about ten metres apart, but within calling distance.
- Never shelter under tree/s.

FIRST AID

- Apply immediate CPR to lightning victims until medical help arrives. (You won't receive a shock from the victim.)