

OUTDOOR PLAY & WEATHER GUIDELINES

Outdoor play is an important part of our daily program, and children typically spend a **minimum of two hours outdoors each day**—approximately one hour in the morning and one hour in the afternoon.



OUTDOOR PLAY MAY BE MODIFIED OR CANCELLED UNDER CERTAIN WEATHER CONDITIONS:



TEMPERATURE GUIDELINES



INFANTS

Outdoor play is cancelled when the temperature is below -10°C (with or without windchill) or above 32°C (with or without humidex).



TODDLERS & PRESCHOOLERS

Outdoor play is cancelled when the temperature is below -15°C (with or without windchill) or above 35°C (with or without humidex).



AIR QUALITY

7-8

Air Quality Health Index (AQHI) of 7-8:

Outdoor play is limited to a maximum of 30 minutes per session.



9-10

AQHI of 9-10:

Children remain indoors.



UV INDEX

6-7

UV Index of 6-7:

Outdoor play is limited to a maximum of 30 minutes per session.



8+

UV Index of 8 or higher:

Children remain indoors.



OTHER CONDITIONS



Children remain indoors when there is lightning in the area.



Outdoor time may also be modified or cancelled due to other weather-related conditions at the discretion of the Centre Supervisor.



We do go outside, rain or shine! It is up to the individual supervisor if outside time is cancelled due to heavy rain or severe weather.



“There is no such thing as bad weather—only inappropriate clothing!”



IF OUTDOOR PLAY IS REDUCED OR CANCELLED, CHILDREN PARTICIPATE IN GROSS MOTOR ACTIVITIES INDOORS

to ensure they continue to receive opportunities for active play and physical development.



PLEASE COME PREPARED!

Please send your child to Pluto Day Care dressed for the weather every day, including extra clothing as needed.



Dress in layers



Waterproof gear



Hats, mittens & sun protection