



# Heat Safety for Youth and School Trips

Learning Outside the Classroom (LOTC) and Adventure-Based Learning (ABL) work best when children's needs shape the plan.

## 01 Plan for the group

Match activities to children's capabilities. Agree supervision, safeguarding and accessible support arrangements.

## 02 Make cooling practical

Provide drinking water, suitable breaks, shaded activity and waiting areas, and agreed sunscreen and clothing arrangements.

## 03 Prepare the adults

Check staff awareness, suitable first aid capability, emergency access, fire precautions and evacuation arrangements.

## 04 Agree who does what

Schools, venues and activity providers should clarify responsibilities, medication arrangements and communication with parents before departure.

**Parents: share relevant needs privately and follow the school's preparation instructions.**

[www.saaia.org.za](http://www.saaia.org.za)

Published by the South African Adventure Industry Association

General educational guidance. Activity-specific decisions remain the responsibility of the relevant operator and competent personnel.

Sources: CDC / NIOSH; SA AIA; SABS / ISO

22 October 2026 | V1.0 | Sources accessed 22 Oct 2026

ONLINE FLYER

