

Sun Protection & Hot Weather Policy

Link to National Quality Standard:

2.1 Each child's health is promoted.

2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

RATIONALE

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises skin protection at times when the ultraviolet (UV) radiation level is 3 and above.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development.

We recognise that, due to physiological differences, children are at greater risk of suffering from heat illness than adults.

STRATEGIES, PRACTICES AND PROCEDURES

1. SKIN PROTECTION

THIS POLICY IS FOR IMPLEMENTATION FROM 1 AUGUST TO 30 APRIL. OUTSIDE THIS PERIOD, CARE SHOULD ALSO BE TAKEN WHEN THE ULTRAVIOLET RADIATION LEVEL IS 3 (MODERATE) AND ABOVE AS INDICATED AT www.bom.gov.au

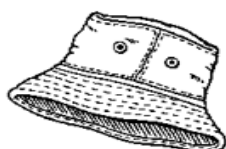
It is an expectation that all staff, students and parents of children attending Kadina Preschool will use the following skin protection strategies between 1st August and 30th April and when the ultraviolet radiation level is 3 (moderate) and above:

1. Hats are to be worn outside. Hats should be broad-brimmed, legionnaire, or bucket style. Children will wear broad-brimmed or legionnaires style hats whenever they are playing or doing activities outside if the UV rating is 3 or above. Caps/beanies are not acceptable as they do not protect the sides of the face, ears or necks. In winter months of May-July when UV levels are normally 2 and below, children may take off hats and sunscreen to promote vitamin D absorption which is necessary for building strong bones and for general well-being.

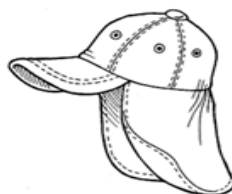
Broad brimmed hat



Bucket hat



Legionnaire hat



Children without a hat will be expected to play inside the kindy or under the verandah or borrow a spare hat

2. Children will be encouraged to wear shirts with collars and sleeves and longer style shorts/skirts.

3. Broad-spectrum water resistant broad spectrum sunscreen with an SPF of 30 or higher will be applied 15—20 minutes before children go outside. Sunscreen should be reapplied every two hours or more often if involved in water activities.

4. Parents are encouraged to apply sunscreen before their child comes to the centre. Sunscreen will be available at each group for parents to apply to their child if they have forgotten to apply before coming to kindy.

5. Parents of children with sensitive skin are asked to supply their child's own sunscreen in its original container, labelled with the child's name.

7. Shade of trees, verandas, umbrellas and tents will be used when setting up outdoor activities.
8. The availability of shade will be considered when planning excursions. Hats and sunscreen must be worn on excursions if the UV rating is 3 or above.
9. The Preschool will review the adequacy of shade and plan tree plantings and additional shade structures if required (sandpit and play equipment areas are to be a priority for shade structure planning).
10. The Sun Protection message will be included in the centre program, activities and newsletters.
11. Information about the centre's Sun Protection Policy will be provided to all new staff and families.
12. Employees, volunteers and visitors to the Centre will act as role models and protect their own skin by wearing hats, protective clothing, sunglasses and sunscreen and seeking shade.

Shade from trees and man-made structures (pergolas, buildings) provide protection from UV radiation, but do not totally block it out. UV radiation can still be reflected off the ground and buildings around you even under dense shade.

Always use shade as well as clothing, hats, sunglasses and sunscreen for maximum protection from UV radiation.

2. HOT WEATHER

The following strategies will be undertaken in periods of hot weather:

1. **Shade:** Activities conducted in periods of hot weather/high UV rating are to be undertaken in shaded areas or moved inside.
2. **Drinks:** Children are to be offered water frequently. Drinking water is to be accessible to children at all times.
3. **Clothing:** Parents are to be encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed. Staff will monitor children's clothing and remove layers as necessary.
4. **Lunches:** Lunches will be stored in the fridge and returned to the fridge after meal times if any uneaten food remains.
5. **Play equipment and surfaces:** All play equipment and surfaces are to be tested by a staff member before children are allowed access. Surfaces and equipment that cannot be touched comfortably with the palm of a hand for a slow count of five are not safe surfaces for children to play on.
6. **Power interruptions/mechanical breakdown:** Kadina Preschool Centre has air conditioning to keep the indoor environment comfortable on hot days. Where power interruptions or mechanical breakdown prevent this, children will be offered quiet activities and will be encouraged to drink water frequently. Fridge temperatures will be monitored. Once the fridge temperature rises above 4 degrees, perishable foods must be eaten within two hours or discarded. When power is interrupted for more than two hours on a hot weather day, staff members will contact parents using mobile phones to advise of the power interruption and to give parents the option of collecting their children. Should a lengthy power interruption make the environment (including temperature, light levels and food supply) unsuitable for the care and education of children, parents of remaining children will be contacted by mobile phone and asked to organise an authorised person to collect their child.

Sources and further reading

- The Cancer Council South Australia
- www.sunsmart.org.au
- Public and Environmental Health Act 1987 SA
- Occupational Health, Safety and Welfare Act 1995 SA
- www.sunsmart.com.au/intro

Signed:

Chairperson - Governing Council (Bec Crosby)

Director – Kadina Preschool
(Simone Shevchenko)