



SKIN PROTECTION & HOT WEATHER POLICY AND PROCEDURE

Quality Area 2: Children's Health and Safety

This policy applies to all centre events on and off-site.

Policy statement (Rationale)

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

Background (Objectives)

Our Sun Protection policy has been developed to:

- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- To promote positive attitudes towards sun protection amongst staff, children and families.
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- Ensure all children and staff have some UV radiation exposure for vitamin D when safe and appropriate.
- Staff, children and families will be encouraged and supported to take personal responsibility for, and make decision about sun protection and hot weather behaviour.
- Increase awareness about sun protection and the impact of hot weather on children and the importance of a carefully planned play environment.

Legislation

This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010*: Section 167 - Protection from harm and hazards
- *Education and Care Services National Regulations 2011*: Regulation 100 - Risk assessment must be conducted before excursion
- Regulation 113 - Outdoor space-natural environment
- Regulation 114 - Outdoor space-shade
- Regulation 168: Policies and procedures (2)(a)(ii)-sun protection
- Regulation 170 - Policies and procedure to be followed
- Regulation 171 - Policies and procedures to be kept available
- Regulation 172 - Notification of change to policies or procedures.

National Quality Standards

All of the following Sun Protection procedures link to:

Quality area 2: Children's health and safety.

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Leadership and service management

Procedures

Staff are encouraged to access the SunSmart UV Alert at www.bom.gov.au/sa/uv to find out daily local sun protection times to assist with the implementation of this policy. Implementation times are displayed in Preschool.

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (August until the end of April) and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

We recognise that children are at a greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. Particular attention is to be paid to strategies to reduce the risk of heat illness in children under 5.

1. Clothing

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

- SPF 50+ or higher, broad spectrum and water-resistant sunscreen is available for staff and children's use and is supplied by Lake Wangary Preschool. If children have sensitivities, families supply their own sunscreen.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats (minimum 5cm brim with no cords). Baseball or peak caps are not considered a suitable alternative. Children are to play inside when there is not a spare hat available or they refuse to wear their hat for outside play.

4. Shade

- Activities conducted in hot weather are to be undertaken in shaded areas.
- Sufficient number of shelters and trees provide shade in the outdoor area
- The availability of shade is considered when planning excursions and all other outdoor activities

- Children are encouraged to use available areas of shade when outside
- Spare hats and protective clothing are available for children and adults

5. Enrolment and information for families

When enrolling their child, families are:

- Informed of the centre's Sun Protection policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible
- Asked to provide SPF 50+ or higher, broad-spectrum, water-resistant sunscreen for their child if sensitive to the sunscreen provided.
- Required to give permission for staff to apply sunscreen to their child
- Visitors are encouraged to use a combination of sun protection measures when attending the centre

6. Hydration

- Children are to be encouraged often to drink water or fluids. Drinking water is to be accessible to children at all times.
- Educators model interoception skills and the need to regulate thirst.

7. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- Wear sun protective hats and clothing when outside
- Apply SPF 50+ or higher broad-spectrum sunscreen
- Seek shade whenever possible.

8. Education and Policy Promotion

- Sun protection, keeping safe in hot weather and vitamin D are incorporated into the learning and development program.
- The Sun Protection policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the centre's website.
- Staff will model appropriate sun safe practices and maximising wellbeing in hot weather.

9. Policy review

Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy annually.