



Sun Protection and Hot Weather Policy

Riverview Preschool aims to support and promote sun protection for the children and staff. This policy applies to all centre events on and off site.

Rationale

Australia has one of the highest rates of skin cancer in the world, with two in three Australians being diagnosed with skin cancer before the age of 70. Melanoma is the most common cancer in deter Australians aged 12 – 24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

UV radiation cannot be seen or felt and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of earth to sun, time of the day and time of the year but not temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

Objectives

The sun 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
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of the preschool's sun protection and hot weather policy

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 Law Act 2011
- Regulation 100 -Risk assessment must be conducted before excursion.
- Regulation 113 – Outdoor space - shade
- Regulation 166 Policies and procedures (2)(a)(11) – sun protection

National Quality Standards

All of the following sun proception 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: Governance and leadership.
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Procedures In line with the department for Education requirements and SunSmart guidelines, the following combination of sun protection measures will be in place from **1st August to 30th April, and whenever the UV is 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

Staff are encouraged to access the daily sun protection times on the SunSmart app, or at bom.gov.au/uv/index.shtml to assist with the implementation of this policy.

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 collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress, they are required to wear a t-shirt/shirt over the top before going out.

2. Sunscreen

- SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.
- Families are requested to apply SPF 30 or higher, broad spectrum, water resistant sunscreen to their child before arriving at the preschool
- The preschool will then apply sunscreen to the children at least 20 minutes before going outdoors at morning snack time and reapply 2 hourly if remaining outdoors, or more often if washed or wiped off.
- Children once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Parents are required to provide a named, sun safe hat for their child, and leave it in their child's preschool bag each day.

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. Children without a sun safe hat are required to play in an area protected from the sun.

The preschool will sell bucket hats at an affordable cost to families, for those requiring them.

4. Shade

- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- A combination of sun protection measures are considered when planning outdoor activities such as excursions and water-based activities.
- Children are actively encouraged to use available areas of shade when outside
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Educators will be aware of shade patterns during the day and locate outside experiences accordingly. Education

5. Enrolment and information for families

When enrolling their child, families are

- Informed of the preschool's sun protection and hot weather 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. (i.e. covering the shoulders, chest, upper arms and legs)
 - Asked to apply SPF 30 or higher, broad spectrum, water resistant sunscreen to their child before arriving at the preschool.
 - Families and visitors are encouraged to use a combination of sun protection measure (sun protective clothing and hat, shade, sunglasses, and sunscreen) when attending the preschool, and excursions
6. **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, clothing and sunglasses when outside
 - Apply SPF or higher, broad spectrum, water resistant sunscreen
 - Seek shade whenever possible.
7. **Education**
- Sun protection is incorporated into the learning and development program
 - Sun protection posters and children's work samples on sun protection will be displayed, to reinforce the importance of the SunSmart message to children, families, and visitors
 - Staff and families are provided with information on sun protection through family newsletters, noticeboards
8. **Hot Weather**
- Educators will use discretion about restricting outside play on extremely hot days (36 degrees). During extreme heat, the centre is air-conditioned and will remain open, however parents are welcome to collect their children early if they wish.
 - If outside play is offered, it will be only in heavily shaded areas. On some occasion's children may be kept inside or on the verandas.
 - Each family is required to supply a bottle of water for their child. Children will be encouraged to drink regularly to ensure adequate hydration.
9. **Policy Review**
Management and staff monitor and review the effectiveness of the sun protection policy and revise the policy when required (at least once every three years)

Date of next review: MAY 2024



Government of South Australia

Department for Education

