

Children's Health and Safety QA 2

SUN PROTECTION, including HOT WEATHER and CLOTHING Policies and Procedures

Links to Regulations: 99, 100-102, 110, 114, 136, 168 (2) (a) (ii) Links to quality areas, standards or elements: 1, 2.3, 3, 4.1, 6, 7.1

Rationale:

Australia has one of the highest incidence of skin cancer in the world with 2 out of 3 people being diagnosed with skin cancer before they are 70 years old. 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 range of factors including angle of earth to the sun, but are unrelated to temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels. Sensible sun protection does not put people at risk of vitamin D deficiency.

Vitamin D:

For most people, adequate vitamin D levels are reached through regular daily activity and incidental exposure to the sun. During summer, the majority of people can maintain adequate vitamin D levels from sun exposure during typical day to day activities. You do not need to expose yourself or your children to the sun during peak UV times to get enough vitamin D.

In June and July in the southern parts of Australia, when UV radiation levels are less intense, it is recommended that people are outdoors in the middle of the day with some skin uncovered on most days of the week. (Cancer Council Australia, 2016)

Our site Policy and Procedures strive to reduce the risk of sun damage for all our community members. Cancer Council SA has approved BCCC as a *SunSmart* Centre.

The Centre strives to reduce the risk of skin damage and promote skin protection among children, staff and families through the following Policy and Procedures:

- Parents are asked on the enrolment form to give permission for sunscreen to be applied. If a child has an allergy to the sunscreen provided by the Centre, parents and guardians must complete a *Health Care* plan and send their child's own sunscreen, clearly labelled with their name, to the Centre each day they attend.
- Information about the importance of sun protection will be available to parents. Parents are reminded of this policy in the newsletter
- There is ongoing education within the programme to teach children about sun safety
- Parents, guardians, volunteers and children attending Playgroup are expected to wear appropriate hats at all times when outside and abide by the Centre Sun Protection policy
- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about skin protection
- Awareness of the need for environmental changes in our Centre to reduce the level of sun exposure
- Parents are requested to apply sunscreen to their child before their arrival at the Centre
- Sunscreen of at least 30+ SPF broad spectrum, water resistant (supplied by the Centre) is applied to each child 20 minutes before going outside and reapplied every 2 hours. Older children are encouraged to apply their own sunscreen. Staff assist or apply sunscreen to younger children and staff clean their hands in-between applications to each children
- All babies under 12 months are not exposed to the direct sun when UV levels are 3 and above. Infants will be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin for infants 6 months and older.

- Children must wear either a legionnaire style / broad brimmed or bucket hat (bucket hat must have a deep crown and minimum 5cm brim for children under 5 years of age and 6cm for older children and adults) when outside. Cords with cords attached **are not permitted** as they present a choking hazard. Legionnaire style / bucket hats can be purchased from the Centre
- Children must wear appropriate clothing (e.g. polo shirt) that covers as much skin as possible, are made from closely woven materials and are loose fitting to keep children cool. Tank tops/singlets are not acceptable. T shirts with collars and longer style sleeves and longer style shorts, skirts and dresses are encouraged
- **A 'no hat, no outside play in the sun' policy will apply when the UV level is 3 and above.** Children without a sun safe hat will be restricted to play under the verandah or similar full shade areas (e.g. the big playground or cubby house.) Spare hats may be borrowed, and will be assigned to a single child for the given day and washed at the end of the day
- Centre sun protective clothing (if available) will be loaned to children dressed inappropriately
- Please name all your child's belongings.

Outdoor activities will be restricted to shaded areas on extreme UV rating days (when ultraviolet radiation is at level 11 or above).

Strategies, Practices and Procedures:

- Use the shade of trees, pergolas, umbrellas and tents
- Sunscreen will be reapplied every 2 hours if outdoors when the UV level is 3 and above.
- Babies will be kept out of direct sun when the UV is 3 and above, and always be protected by shade, and sun protective clothing and hats. Sunscreen should be applied to small areas of exposed skin for infants 6 months and older.
- Skin cancer prevention strategies will be included in the curriculum
- Staff will be encouraged to keep up to date with new information on sun safety
- The Centre's Sun Protection Policy will be provided to staff, students and families on enrolment / induction and as necessary
- Staff will be role models by wearing broad brimmed/ bucket hats, sunscreen and appropriate clothing, as will parents accompanying children on excursions.
- Staff will use shaded areas for outdoor activities as much as possible

Families are asked to ensure children have a hat in their bag at all times.

HOT WEATHER Policy & Procedures:

Balaklava Community Children's Centre strives to maintain effective cooling systems and will pay particular attention to strategies to reduce the risk of heat stress in young children by maintaining a comfortable temperature indoors at all times, providing an environment where children can learn, and staff can work at or above quality standard.

Strategies, Practices and Procedures:

- In extremes of weather, educators may decide to limit children's access to part of the learning environment eg the outdoors, if they believe it poses a safety issue for children and/or staff
- All outdoor experiences provided will be set up in shaded areas and conducted at the safest time of the day.
- Staff will encourage children to stay in shaded areas and not in direct sunlight
- Staff will set up a minimum of play equipment in the outdoor learning environment during excessively hot weather. Water play will be set up (in the absence of bees)
- Sun Protective clothing, including footwear and hats must be worn
- Drinking water will be accessible and frequently offered to children and staff
- Ice may be placed in water containers
- The Centre will provide refrigerated air conditioning during hot weather periods
- Blinds and curtains may be drawn to reduce heat and sun entering the building
- Staff will share outside duties during excessively hot weather.

In *extenuating unforeseen circumstances* (eg staff are unable to provide a comfortable environment that meets DFE requirements due to blackouts or the breakdown of the cooling systems), where the forecast is 36 degrees Celsius or above, staff may contact families of children who are in Childcare, OSHC or Preschool advising them of the situation and encouraging early collection. Children who cannot be collected will be kept as comfortable as possible.

CLOTHING Procedures:

Balaklava Community Children's Centre recognises the importance of children being comfortable and appropriately dressed to maximise their participation and enjoyment in the range of play experiences offered. Both Childcare and Preschool learning environments encourage children to learn through hands on and interactive play. The Centre therefore encourages parents to dress their children in clothing appropriate for the learning environment, weather and in keeping with our Sun Protection Policy & Procedures.

Strategies, Practices and Procedures:

- Children should attend the Centre with a suitable change of named clothing in their bags, so that staff can ensure children are adequately dressed at all times in the case of accidents, sudden weather changes or learning experiences which soil or wet clothing
- The Centre will also maintain additional supplies of clothing that may be used as a backup and then once washed by families, returned to the Centre
- Staff will ensure children are comfortably dressed for sleep. Hair accessories and bulky clothing will be removed
- Children and staff must wear safe, appropriate footwear. Shoes should be supportive and well fitted. Unfitted thongs and shoes with elevated heels are not acceptable
- Parents will be encouraged to dress children in clothes 'they don't mind getting dirty' in preference to 'good clothes'. Children are more relaxed and engage more deeply in play if they do not need to worry about spoiling their clothing
- Smocks may be provided to protect children's clothing for activities such as painting
- Children over the age of 2 and those who are toilet trained, including those attending Preschool will keep their bag and belongings in the lockers available for easy access
- Baby's bags and those children who are toilet training will be kept in the nappy change area lockers
- Information about the weather, seasons and appropriate clothing will be included in the curriculum to develop children's ability to make their own appropriate clothing choices eg knowing if they are too hot or too cold and remove or seek help to remove or put on their jumper
- Staff are required to wear the Centre uniform as provided. A laundry service is also available.

Supporting Resources:

- BCCC Water Safety Policy and Procedures
- DFE Early Childhood Outdoor Learning Environments Vision and Values
- DFE Policy-Water Supply for Schools and Preschools
<http://www.DfE.sa.gov.au/assessservices/pages/topiclisting/watersupply>
- DFE Preschool Water Safety Procedure & Camps and Excursions for Schools and Preschools
- Work Health & Safety: Risk Management Policy & Framework; Hazard Management Procedure; Injury Management

Sources:

- The Cancer Council Australia website
- Cancer Council SA SunSmart Early Childhood Program www.sunsmart.org.au
- DFE Health and Safety Services Unit 8226 1440 -UV Radiation/Sun Protection Procedures; Heat Stress
- DFE: Guidelines to developing a Hot Weather Policy& Sample Skin Protection Policy & Guidelines
- DFE Child and Student Wellbeing – Interagency Health Care
- DFE Aboriginal, Student and Family Services: Sports, Swimming and Aquatic website
- DFE Early Childhood Development Strategy and Programs: DFEESupport@sa.gov.au

BCCC is a SunSmart Centre and is due for reviewal by Cancer Council SA in June 2022

Policy last reviewed: Term 2 2020

Policy review due: Term 2 2021

Approval Signature: