

Ultraviolet (UV) radiation Protection Policy
Hot Weather Policy
Wet Weather Policy



Sun Protection and Hot and Wet Weather Policy
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. Skin exposure during childhood and adolescence is critical 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 muscles and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Protection and Hot and Wet Weather 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 centre's UV Protection 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 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 procedures to be followed
Regulation 171 – Policies and procedures to be kept available
Regulation 172 – Notification of change to policies or procedures.
- **Work Health and Safety Act 2012**

National Quality Standards

All of the following SunSmart 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.**

Procedures

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

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 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. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

1. Clothing

Quality area 2: Children's health and safety

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 wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality area 2: Children's health and safety

- SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Quality area 2: Children's health and safety

- 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.

4. Shade

Quality area 2: Children's health and safety

Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of 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.
- Children are 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.

5. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

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 (i.e. covering the shoulders, chest, upper arms and legs)
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the centre.

6. Staff WHS and role modelling

Quality area 5: Relationships with children

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 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

7. Education

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

- Sun protection is 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 through family newsletters, noticeboards and the centre's website.

8. Policy review

Quality area 7: Governance and leadership

- 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 policy review: May 2025

Additional Considerations during Hot Weather

- Drinks – Children are frequently reminded to access their water bottle during the day. Drinking water is accessible to children at all times.
- Lunch – Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. Lunch boxes will be stored inside in air conditioned rooms.
- Educators will assess on a daily basis, if the weather is suitable for the children and staff to be involved in outside learning experiences. If Educators decide that the weather is too hot for the children and staff to be comfortable and safe outside, then learning experiences will be adapted.

Considerations During Wet Weather

- Children are encouraged to wear gum boots and a suitable jacket during the winter months and when the weather is wet
- If children are playing outside and it begins to rain heavily, children will be called inside by Educators.
- Educators will assess on a daily basis, if the weather is suitable for the children to be involved in outside learning experiences. If Educators decide that the weather is unsuitable for the children to be comfortable and safe outside, then learning experiences will be adapted for the indoor environment.

Date Approved: Approved 1st July 2022

Reviewed May 2022