



Skin Protection and Inclement Weather Policy

Rationale:

Australia has one of the highest incidences of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. The Cancer Council recommends that

Particular care should be taken between 10am and 3pm and that sun protection is used whenever UV radiation levels reach 3 or above.

A balance of ultraviolet (UV) radiation exposure is important for health. Too much can cause sunburn, skin and eye damage and skin cancer. Too little UV radiation from the sun can lead to low vitamin D levels. This vitamin is essential to healthy bones, muscles and general health.

At Ingle Farm Children's Centre we promote sun safety as part of our educational program. We encourage parents to promote an awareness of the need to be sun safe at kindergarten as well as at home. Children need to be supported to recognise and respond to environmental heat and to have areas provided for them to minimise the effects of the heat. Visitors and staff are encouraged to role model SunSmart behaviours ie hats, clothing, sunscreen etc.

This Policy is in line with ACECQA regulations (National Quality Standards) and DfE Policy. We are also guided by the Cancer Council (SA) and the SunSmart Policy for Early Childhood Centres.

The following will support children to be safe whilst at the centre:

Hats for outside play

- Parents are required to provide hats which will provide protection to the face, neck and ears. Hats should be legionnaires, bucket or broad brimmed styles. **NO Caps** as they do not provide enough protection.
- **Hats must not have chin straps, cords, drawstrings or toggles** due to the risk of strangulation

Hat styles:

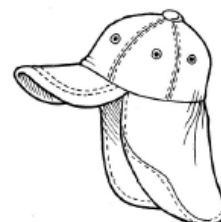
**A broad brimmed hat
with a brim of at least 6cms.**



**A bucket hat with a deep crown
that sits low on the head and has
an angled brim, at least 5cm wide.**



**A legionnaire style hat where the flap
meets the side of the front peak.**



- The children's centre has bucket hats available for purchase at a cost of \$12.50.
Please note the centre does not provide spare hats.

- When UV radiation levels are 3 and above, children without hats will be asked to play in an area protected by the sun.
- Checking the UV levels is part of the kindergarten program
- Staff, volunteers and visitors will also be requested to wear hats when outdoors

Sunscreen

- Parents are asked to apply SPF30 or higher sunscreen to their child each day prior to coming to kindergarten when UV levels are 3 or above.
- During the enrolment process parents/guardians will be asked to provide consent for staff to apply sunscreen to their child
- Staff will assist children to re-apply sunscreen at lunch times when UV levels are 3 or above. SPF30 or higher, broad spectrum and water resistant sunscreen is used and is applied 20 minutes before children go outdoors.
- Sunscreen is available for parents/caregivers use if required and located by the fish tank on the right as you enter the kindy room.
- With parental consent children with naturally dark skin are not required to wear sunscreen to help with vitamin D requirements.

Clothing

- Parents are encouraged to dress children in clothing that minimises heat gain and provides good sun protection. We encourage you to choose clothing that covers as much skin as possible. Please avoid singlet tops and dresses with thin shoestring straps that don't cover shoulders.
- Please remember young children can become quite hot during periods of hot weather. Clothing in layers that can be easily removed during activities that are sun-safe are most suitable.
- We also encourage the use of close fitting, wrap-around sunglasses that cover as much of the eye as possible and meet the Australian Standard AS/NZS 1067:2003 (Sunglasses lens category 2, 3 or 4), Eye protection Factor (EPF) rating of 10 is recommended

Drinks

- Families are asked to provide their child with a water bottle each time they attend the centre.
- Children will be reminded to drink water throughout the day, particularly during periods of hot weather.
- Cool, clean filtered water is available to children at all times

Lunches

- Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water bottle as food is not able to be refrigerated.

Shade and Extreme Hot Weather

- A variety of shaded areas are provided in the outdoor space. Children will be encouraged to play in these spaces
- Staff will consider the location of outdoor play experiences in relation to available shade ensuring activities are not located in direct sun during the sun protection period
- During periods of extreme heat the centre is air-conditioned and will remain open, however parents are welcome to collect their child early if they wish.
- During hot weather the provision of activities will be closely monitored, particularly in the outdoor area. Children will be directed to spaces which are protected from direct sun or indoors.
- During extreme heat children will not have access to the outdoor play spaces including the verandah but will play indoors.

Inclement weather

Inclement weather is the existence of abnormal climatic conditions including but not limited to the following:

- Extreme high temperatures
- Exposure to ultraviolet radiation (UV)
- Rain
- Hail
- High winds
- Severe dust or electrical storms
- High humidity
- Snow

When these conditions occur the director or nominated supervisor, in consultation with staff will undertake a risk assessment to ensure that any risks of injury or illness to children, parents or staff are minimised or eliminated. Any potential hazards will be identified according to the situation/ context and information (e.g. weather reports, warnings, observations), risk assessments and controls identified and implemented e.g. no outdoor play during high winds to protect from falling branches. The same considerations will be taken into account for excursions or centre based events eg cancelling/postponing excursions if severe weather is forecast.

All adults and children participate in regular emergency procedures practice (each term) so should an emergency occur all staff and children are familiar with how to respond.

Curriculum

- The staff at Ingle Farm Children's Centre will reinforce SunSmart messages by role modelling and appropriate activities in line with Belonging, Being and Becoming: The Early Years Learning Framework;
Outcome 3: Children take increasing responsibility for their own health and physical wellbeing.