



Kadina Preschool

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Sun Protection & Hot Weather Policy



Link to National Quality Standard:

- 2.1 Each child's health and physical activity is supported and promoted.**
- 2.2 Each child is protected**

RATIONALE

Australia has one of the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Melanoma is the most common cancer in 12-24 year olds and sun exposure in childhood and adolescence is a critical factor in determining future skin cancer risk.

Cancer Council SA advises skin protection is required when the ultraviolet (UV) radiation level is 3 and above.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

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 the sun, but are unrelated to temperature, and UV levels can be high on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

We recognise that, due to physiological differences, children are at greater risk of suffering from heat illness than adults.

STRATEGIES, PRACTICES AND PROCEDURES

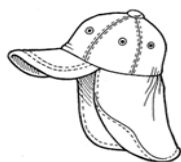
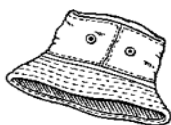
1. SKIN PROTECTION

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

It is an expectation that all staff, students and parents of children attending Kadina Preschool will use the following skin protection strategies between 1st August and 30th April and when the ultraviolet radiation level is 3 and above at other times:

1. Hats are to be worn outside. Hats must be broad-brimmed, legionnaire, or bucket style. Baseball caps are not acceptable. Hats are not to have any joined cords as these may pose a choking hazard risk. Children will wear broad-brimmed or legionnaires style hats whenever they are playing or doing activities outside if the UV rating is 3 or above. Caps/beanies are not acceptable as they do not protect the sides of the face, ears or necks. In the months of May-July when UV levels are normally below 3, children may take off hats and sunscreen to promote vitamin D production which is necessary for building strong bones and for general well-being.

Broad brimmed hat Bucket hat Legionnaire hat



Children without a hat will be expected to play inside the kindy or under the verandah or borrow a spare hat

2. Children are required to wear shirts with collars and sleeves and longer style shorts/skirts. Children wearing singlet tops and dresses will be required to wear a t-shirt or shirt over the top before going outdoors or to play in an area protected from the sun. Children are encouraged to wear close fitting wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian Standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4).

3. Broad-spectrum water resistant broad spectrum sunscreen with an SPF of 30 or higher will be applied 20 minutes before children go outside. Sunscreen will be reapplied every two hours if remaining outdoors, or more often if involved in water activities.

4. Parents are encouraged to apply sunscreen before their child comes to the centre. Sunscreen will be available at each group for parents to apply to their child if they have forgotten to apply before coming to kindy.

5. Parents of children with sensitive skin are asked to supply their child's own sunscreen in its original container, labelled with the child's name.

6. SPF 30 or higher broad-spectrum, water-resistant sunscreen is applied to children who attend our centre. Sunscreen will be re-applied every 2 hours when playing outdoors.
 7. Shade of trees, verandas, umbrellas and tents will be used when setting up outdoor activities.
 8. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.
 8. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water-based activities.
 9. The Preschool will review the adequacy of shade and plan tree plantings and additional shade structures if required (sandpit and play equipment areas are to be a priority for shade structure planning).
 10. Sun protection is incorporated into the learning framework and/or planned experiences. The Sun Protection message will be included in the centre program, activities and newsletters.
 11. Information about the centre's Sun Protection Policy will be provided to all new staff and families.
 12. For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors. Employees, volunteers and visitors to the Centre will act as role models and protect their own skin by wearing sun protective hats and clothing, sunglasses and sunscreen and seeking shade.
- Shade from trees and man-made structures (pergolas, buildings) provide protection from UV radiation, but do not totally block it out. UV radiation can still be reflected off the ground and buildings around you even under dense shade. Always use shade as well as clothing, hats, sunglasses and sunscreen for maximum protection from UV radiation.

2. HOT WEATHER

The following strategies will be undertaken in periods of hot weather:

1. **Shade:** Activities conducted in periods of hot weather/high UV rating are to be undertaken in shaded areas or moved inside.
2. **Drinks:** Children are to be offered water frequently. Drinking water is to be accessible to children at all times.
3. **Clothing:** Parents are to be encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed. Staff will monitor children's clothing and remove layers as necessary.
4. **Lunches:** Lunches will be stored in the fridge and returned to the fridge after meal times if any uneaten food remains. Lunch will be eaten in a shaded area or inside if there is extreme heat.
5. **Play equipment and surfaces:** All play equipment and surfaces are to be tested by a staff member before children are allowed access. Surfaces and equipment that cannot be touched comfortably with the palm of a hand for a slow count of five are not safe surfaces for children to play on.
6. **Power interruptions/mechanical breakdown:** Kadina Preschool Centre has air conditioning to keep the indoor environment comfortable on hot days. Where power interruptions or mechanical breakdown prevent this, children will be offered quiet activities and will be encouraged to drink water frequently. Fridge temperatures will be monitored. Once the fridge temperature rises above 4 degrees, perishable foods must be eaten within two hours or discarded. When power is interrupted for more than two hours on a hot weather day, staff members will contact parents using mobile phones to advise of the power interruption and to give parents the option of collecting their children. Should a lengthy power interruption make the environment (including temperature, light levels and food supply) unsuitable for the peak and education of children, parents of remaining children will be contacted by mobile phone and asked to organise an authorised person to collect their child.

Policy review

The sun protection policy is reviewed regularly (at least every three years) to ensure the information remains current and relevant.

Sources and further reading

- Cancer Council SA SunSmart Program - www.sunsmart.org.au
- Bureau of Meteorology www.bom.com.au

Signed: _____

Chairperson - Governing Council (Narelle Miller)

Director – Kadina Preschool

(Simone Shevchenko)