

Sun Protection and Hot Weather Policy

Exposure to sunlight in the first two decades of life is a very important risk factor for the development of all forms of skin cancer. Children are especially vulnerable to sunburn and skin damage up to the age of four years.

The Kirton Point Children's Centre commits to playing a significant role in the protection of children from the damaging effects of ultraviolet radiation. Nature play is a key part of the program at Kirton Point Children's Centre, so children may spend a large amount of their play time outside.

Kirton Point Children's Centre has a responsibility to educate children and parents about the importance of skin protection and methods of protection.

The Sun Protection Policy applies across the entire Centre and is designed to protect children and adults from potential harm.

NATIONAL QUALITY STANDARDS: Quality Area 2: Children's Health & Safety

Element 2.2.1: At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EARLY YEARS LEARNING FRAMEWORK: Outcome 3: Children have a strong sense of wellbeing

Children take increasing responsibility for their own health and physical wellbeing

Managed by:	Director: Pam Stanley
Review Date:	Term 1, 2021
Presented to Staff:	Whole Centre Staff Meeting 2/3/2021
Presented to Gov. Council	Governing Council Meeting - 13/5/21
Next Review Date:	Term 1, 2022

REVISION RECORD

Date	Revision description
Term 1 2017	Changed format, changes made to align with Cancer Council SA recommendations – wearing of hats.
Term 1 2018	Scope changed to include programs run off-site. Centre to supply appropriate clothing if needed and encourage/support children to reapply sunscreen after 4 hours. Other minor wording changes.
Term 1 2019	Minor wording edits
Term 3 2020	Changed to new template, added updated NQS standards, added staff and parent responsibilities to scope, and added to 5.6 forms to be filled in if permission is not given to use centre sunscreen. Changed wording in 5.8 and 5.10
Term 1 2021	5.4 edited - Hats to be worn outside all year round 5.6 edited - Sunscreen to be applied in T1 and T4. Sunscreen to be applied at teacher's discretion in T2 and T3.

1. TITLE

Sun Protection & Hot Weather Policy

2. PURPOSE

The Purpose of the Sun Protection & Hot Weather Policy to protect and educate young children, their parents and carers, as well as Children's Centre staff, from the damaging effects of ultraviolet radiation, and heat related health issues

3. SCOPE

This policy applies to all activities with the Kirton Point Children's Centre, even if the program is facilitated or funded by an external organisation. This also includes programs that are delivered off site. Staff are expected to educate children and parents of the effects of UV radiation, however in Community Programs the responsibility remains with the parent/carers of the child.

4. OBJECTIVES

- 4.1 This policy aims to promote positive attitudes towards sun protection amongst staff, children and families at the Kirton Point Children's Centre.
- 4.2 Staff, children and families will be encouraged and supported to take personal responsibility for, and decision making about, sun protection and hot weather behaviour.
- 4.3 This policy aims to increase awareness about sun protection and the impact of hot weather on children and importance of a carefully planned play environment.

5. POLICY DETAIL

This policy will recognise that children are at greater risk of suffering from heat illness than adults.

- 5.1 A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. Particular attention is to be paid to strategies to reduce the risk of heat illness in children under 5 years.
- 5.2 Activities conducted in hot weather are to be undertaken in shaded areas.
- 5.3 Children are to be frequently offered water or fluids. Drinking water is to be accessible to children at all times.
- 5.4 Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is sun-safe. Children, staff and parents will be expected to wear a broad-brimmed hat, legionnaire-style hat or a bucket hat (with minimum 5cm brim), all year round, whenever they are involved in outside activities.. Children's hats are not to have cords. Children are encouraged to wear sun-safe clothing. Sleeveless, shoestring straps and midriff tops are discouraged. Children will be supplied with appropriate t-shirts to wear on the day if required.
- 5.5 Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. Preschool parents are responsible for ensuring their child's refrigerated items are taken out of the child's bag and placed in the allocated container, to then be placed in the fridge by staff.
- 5.6 Parents will be encouraged to apply sunscreen (recommended SPF30+, broad spectrum and water resistant) to their children before / when they arrive at the Centre. For children that will be remaining throughout the day, SPF30+ sunscreen will be provided to the children at lunchtime. Sunscreen will be available at the Centre for parents to access. Children will be supported to reapply sunscreen after 4 hours in terms 1 and 4, and at the teacher's discretion in terms 2 and 3. Where parents have indicated on the permission form that the child is not to use the preschool supplied sunscreen, the parent will complete a General Health Form indicating the child's reaction to sunscreen and the alternative sunscreen provided, and how this will be applied.
- 5.7 Babies, under the age of 12 months, should be kept out of the direct sunlight as much as possible and always be protected by shade, clothing and hats.
- 5.8 Age-appropriate information on sun protection and hot weather safety will be included in preschool curriculum.
- 5.9 The outside play space will consist of various shaded areas, including those with natural shade (e.g. trees) and fixed structures (e.g. pergola and sand-pit shade area). Staff may also add temporary structures to provide additional shade for specific learning activities.
- 5.10 Babies under 12 months should be kept out of direct sunlight and protected by clothing, hats and shade where possible. If the weather is uncharacteristically hot

during these months, children should be encouraged to wear hats or play in shaded areas.

- 5.11 For children with additional needs, and children under 2 years of age, staff will encourage children to wear hats where possible. However it is recognised that this may be particularly challenging and have a negative impact on behaviour. In this case, staff will incorporate sun-safe play activities and learning opportunities where possible.

6. STAFF RESPONSIBILITIES

Staff will be encouraged to role model appropriate sun protection strategies in all service activities.

- 6.1 All staff are required to model appropriate sun safe practises.
- 6.2 Staff will educate children and families about the importance of sun protection and strategies for safe outside play (refer to EYLF Outcome 3 – Children take increasing responsibility for their own health and physical wellbeing).
- 6.3 Staff will be encouraged and supported to keep up to date with new information and resources from Cancer Council SA.
- 6.4 Information about this policy will be given to new staff, visiting professionals where appropriate, students on placement and families.

7. MONITORING, EVALUATION AND REVIEW

The Director will monitor the implementation of the policy and be responsible for ensuring all staff are aware of their responsibilities.

The Director and relevant program staff, will also be responsible for ensuring families and visiting staff are aware of and adhere to the policy at all times.

8. SUPPORTING DOCUMENTS

- 9.1 Guideline ID no 662410: Guidelines for developing a Preschool Hot Weather Policy (February 2011) www.decd.sa.gov.au
- 9.2 A sample skin protection policy for early childhood centres (Cancer Council SA, August 2009) www.cancersa.org.au
- 9.3 SunSmart Early Childhood Program (Cancer Council SA, July 2009) www.cancersa.org.au
- 9.4 Information for early childhood services (Cancer Council SA, November 2009) www.cancersa.org.au
- 9.5 SunSmart policy guidelines for early childhood services (Anti-Cancer Foundation South Australia, December 2001)
- 9.6 Belonging, Being & Becoming: The Early Years Learning Framework for Australia (DEEWR, 2009)