



The Willows
Children's Centre
for Early Childhood
Development and Parenting



The Willows Children's Centre Sun Protection and Hot Weather Policy

Skin Protection

Rationale

Australia has one of the highest incidence of skin cancer in the world with two out of every three people being diagnosed with skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Melanoma is the most common cancer in Australians aged 12-24 years, and 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 number of factors including angle of earth to the sun, but are unrelated to temperature and heat. Damage from UV radiation is cumulative and irreversible.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from August to April—it is during these months that sun protection is necessary.

In line with the Department for Education and SunSmart guidelines, this sun protection policy is in place from 1st August until 30th April, and whenever UV radiation levels are 3 and above at other times. Staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au, or www.bom.gov.au/sa/uv to assist with implementing this policy. Cancer Council SA also recommends that particular care should be taken during the peak UV times of the day.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to July, at times when the UV radiation level is below 3, sun protection for most people is not necessary. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Aims

The aims of The Willows Children's Centre skin protection policy are to promote among children, staff and parents:

- Encourage children and staff to use a combination of sun protection measures whenever UV index levels are 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 sun protection policy.

Implementation

This policy is for implementation from Terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Outside of this time care should also be taken when the ultraviolet radiation level is 3 and above. The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful UV rays of the sun. Babies under 12 months (Playgroup) need special consideration—see strategy 5.

It is an expectation that all staff, students and families will use the following skin protection strategies during the implementation times:

- 1 Take care to protect the skin when the ultraviolet radiation level is 3 and above. Extra care should be taken during the peak UV times of the day
 - 1.1 The children's lunch and rest time will be held indoors on most days, between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day. If lunch is eaten outside it will be set up in a shaded area.
 - 1.2 Whenever possible, all outdoor activities will be set up in shaded areas of the service. Educators will move activities throughout the day to ensure they will remain in the shade.
- 2 Use the shade of trees and pergolas whenever outdoors.
 - 2.1 Tree planting will be organised at the service with priority given to any open space grassed area.
 - 2.2 The sandpit and play equipment area (in the outdoor Community space) to be a priority for shade structure planning.
 - 2.3 The further provision of shade areas is a priority for the service especially in the IPP outdoor learning area.
- 3 Wear appropriate clothing which protects the skin.
 - 3.1 Children, staff and families will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play inside (spare hats are available at the Centre).
 - 3.2 Children are required to wear loose fitting clothing that covers as much skin as possible. Shirts with collars and at least elbow length sleeves and longer style shorts/skirts are best. Children wearing singlet tops and dresses are required to wear a t-shirt or shirt over the top before going outdoors.
- 4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 20 minutes before going outdoors, when the UV is 3 and above. Sunscreen will be reapplied at lunch time if remaining outdoors and more frequently if involved in water activities or perspiring.
 - 4.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
 - 4.2 Families are reminded to apply sunscreen prior to arriving at preschool. If a particular brand or type of sunscreen is required, families are asked to supply the sunscreen for their children to reapply throughout the day. There will be bulk sunscreen packs available at the service.
- 5 The special needs of babies:
 - 5.1 Babies (under the age of 12 months) will be kept out of the direct sun and always protected by shade, clothing and hats.
 - 5.2 Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats, for infants 6 months and older
- 6 Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

Sun Protection Policy	Reviewed March 2019	Review Date March 2021
-----------------------	---------------------	------------------------

- 6.1 Skin cancer prevention will be included in appropriate teaching activities.
 - 6.3 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
 - 6.4 Information about the centre's Sun Protection Policy will be given to all new staff, students and families.
7. Staff WHS and Role Modelling
As part of WHS UV risk controls, staff will wear sun protective hats, clothing and sunglasses, apply SPF 30 or higher, broad spectrum sunscreen, and where possible, seek shade when outdoors.
- 8 The Willows Children's Centre Sun Protection and Hot Weather policy will be evaluated on a two yearly basis.
- 8.1 Policy issues will be discussed at staff and parent meetings.

Hot Weather

While the Adelaide Hills area is somewhat insulated from the extremes of heat, there are occasionally very high temperatures in which outdoor learning activities are restricted.

The kindergarten is air-conditioned, so therefore The Willows Children's Centre will not close during the hot weather.

During periods of extreme heat, educators will modify or exclude outdoor play.