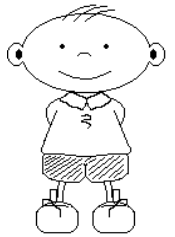




Wynn Vale Preschool



Skin Protection and 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. Sun exposure in the first ten years of life is a major factor 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 and muscles and for general health.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is **3 and above**. Cancer Council SA recommends that a skin protection policy be in place for Terms 1, 3 and 4 (August until the end of April) and any other time of the year when the UV is 3 and above. Particular care should be taken between 10 a.m. and 3 p.m. when the UV radiation levels are at their highest. It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. When the UV radiation level is below 3, sun protection for most people is not necessary and an ideal time to absorb vitamin D from the sunlight.

OBJECTIVES:

Wynn Vale Preschool's 'Skin Protection and 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 educators at appropriate times
- Ensure all children and educators have some UV radiation exposure for vitamin D
- Assist children in being responsible for their own sun protection
- Ensure families and new educators are informed of the centre's Skin Protection Policy.
- Encourage positive attitudes towards skin protection

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

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: Leadership and service management

PROCEDURES:

- The purpose of the policy is to ensure that all members of Wynn Vale Preschool are protected from skin damage caused by the harmful ultraviolet (UV) rays of the sun.
- It is an expectation that all educators, students and families of Wynn Vale Preschool will use the recommended skin protection strategies.
- Educators will access the SunSmart UV Alert at www.bom.gov.au/sa/uv or download the [SunSmart app](#) to find out daily local sun protection times to assist with the implementation of this policy.
- We use a combination of sun protection measures for all outdoor activities during **Terms 1, 3 and 4** (August until the end of April) and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times which occur over the middle of the day. Children are encouraged to use the shade of the veranda, shade structure, trees, decks, cubbies and pergola whenever outdoors during peak times. On extremely hot days, educators will decide if outside play is appropriate, so as to reduce heat stress, dehydration etc caused by infrared radiation from the sun.

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 elbow length sleeves, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they are to wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality area 2: Children's health and safety

On days when the UV levels are **3 and above**

- ***Parents apply SPF 30 or higher, broad spectrum and water resistant sunscreen to their child in the morning before arriving at preschool.***
- ***SPF 30 or higher, broad spectrum and water-resistant sunscreen is provided by Wynn Vale Preschool for all children's use.*** Parents are welcome to view the ingredients on the back of the bottle to see if they are appropriate for their child to use. *If children are allergic to any of the ingredients, parents are required to provide individual sunscreen that is safe for their child. This needs to be in a clearly named, zip-lock bag. Roll-on bottles are preferred.*
- ***Children apply their own sunscreen with the supervision / assistance of educators.*** Written consent is given by parents at the beginning of the preschool year. If consent is not given, the child will play underneath the verandah.
- Sunscreen is applied before the children eat their lunch to ensure that it is on at least twenty minutes before they go outdoors for afternoon play.

3. Hats

Quality area 2: Children's health and safety

On days when the UV levels are **3 and above**, 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. The hats are kept in the children's bags and taken out each time they are needed. Children will take their hats from their bags each time they go outside to play. Children who come to preschool without hats are lent a bucket hat. Parents will be provided with a reminder note. If a child does not bring a hat on two consecutive days, they are able to play only under the Preschool verandah and a second reminder note explaining this is given to their parents.

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

- Educators ensure 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

5. Sunglasses [optional]

Quality area 2: Children's health and safety

Children and educators are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

During the parent information evening, families are:

- Informed of Wynn Vale Preschool's Skin 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)
- Asked to give permission for educators to supervise / assist children in applying their own sunscreen. Parents whose child is allergic to the sunscreen provided by Wynn Vale Preschool are asked to provide an individual SPF 30 or higher, broad spectrum, water resistant sunscreen that is suitable for their child

Parents are also required to give written permission for educators to assist children in applying their own sunscreen.

7. 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, educators:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

8. Education

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

- Skin protection and vitamin D are incorporated into the teaching and learning programme
- The Skin Protection Policy is reinforced through staff role-modelling and children's activities and displays
- Educators and families are provided with information on skin protection and vitamin D through newsletters and the parent noticeboard.
- Educators will keep up-to-date with new information and resources from Cancer Council SA

10. Policy review

Quality area 7: Leadership and service management

Educators and Governing Council monitor and review the effectiveness of the Skin Protection Policy and revise the policy every two years.

Date of next policy review:

Cancer Council Information & Support contact details:

Phone: 13 11 20

Website: www.sunsmart.org.au

Endorsed by Wynn Vale School Governing Council:

Chairperson Signature: _____

Date: _____

Date for review: _____