



Noarlunga Downs Preschool

Sun Protection and Hot Weather Policy

0Australia is the skin cancer capital of the world. At least 2 in 3 Australians will be diagnosed with skin cancer before the age of 70(4), and annually over 1,850 will lose their lives to skin cancer. In people aged 12 – 24 years in Australia, melanoma is the most common cancer, with more than double the number of cases of any other kind of cancer. Overexposure to UV radiation from the sun has been identified as the cause of around 99% of non-melanoma skin cancers and 95% of melanoma in Australia.

Children have delicate skin which places them at particular risk of sunburn and skin damage. In fact, sun exposure during the first 10 years of life has a significant impact on the likelihood of developing skin cancer later in life. The good news is that most skin cancers can be prevented by protecting skin from over exposure to the sun.

*Sun Smart Early Childhood Policy Guidelines
Cancer Council October 2012*

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. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

BROAD POLICY STATEMENT

Our school and preschool ensures that all children, employees and visitors attending our preschool are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun and by risks associated with working or participating in activities in hot weather conditions.

It will be effective in terms 1, 3 and 4 and whenever the UV levels reach 3 or above at other times.

OBJECTIVES

This policy:

- encourages children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- works towards a safe outdoor environment that provides shade for children and educators/staff at appropriate times
- ensures all children and educators/staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun and heat exposure protection
- ensure families and new educators/staff are informed of the preschool's Sun Protection and Hot Weather Policy.



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Educators/staff are encouraged to access the Sun Smart UV Alert at www.cancersa.org.au/early-childhood to find out daily local sun protection times to assist with the implementation of this policy.

OUTDOOR ACTIVITIES

The preschool will ensure all sun protection and hot weather measures are applied to children and educators/staff while outside when the UV level is 3 or above and in hot weather.

SHADE

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management makes sure 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.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

HATS

All children must wear a hat that provides an appropriate level of protection from the sun and can include a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside or on an outside excursion. It is recognised that caps do not provide adequate sun protection. Children without appropriate sun hats will be required to play inside or under the shade of the veranda.

CLOTHING

When outdoors, all children and staff must wear Sun Smart clothing that protects as much of the skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they may be asked to wear a t-shirt/ shirt over the top before going outdoors or be required to play indoors or in the shaded area of the veranda.



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SUNSCREEN

- Families are required to apply SPF30+ broad-spectrum water resistant sunscreen prior to arrival at Pre-school.
- Families are required to provide their child/children with a SPF30+ broad-spectrum water resistant sunscreen.
- The Pre-school will supply SPF30+ broad-spectrum water resistant sunscreen for families to access upon their arrival at Pre-school, however staff will not apply this to children.
- Sunscreen will be stored in a cool place, out of the sun.
- Staff will monitor the expiry date of the Pre-school sunscreen and will discard and replace when out of date.
- Families will monitor the expiry date of their child/children's sunscreen and will discard and replace when out of date.
- Staff will ensure sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors.
- Children are encouraged to apply their own sunscreen, under the supervision of staff.
- Children without sunscreen will be supported to play in the shaded areas of the Pre-school.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

ROLE MODELLING

Educators/staff, school students, families and visitors will act as positive role models and demonstrate Sun Smart behaviour when attending the service by:

- wearing a Sun Smart hat
- applying SPF30+ broad-spectrum water resistant sunscreen
- using and promoting shade
- wearing Sun Smart clothing
- wearing sunglasses that meet the Australian Standard 1067

WATER

In line with the preschool's Nutrition, Food and Beverages, Dietary Requirements Policy children will be encouraged to bring their own water bottles and regularly consume water throughout the day.

Filtered water will be available to children, educators/staff and visitors at all times.



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EXTREME HEAT

In addition to the above measures for protection from sun damage or heat exposure:

- educators/staff will limit outdoor activities on extremely hot days
- educators/staff will encourage children to drink water throughout the day
- in the event of inadequate provision of cooling (breakdown of air-conditioning, power failure) when the temperature is above 36 degrees, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.

EXCURSIONS

Sun protection and hot weather will be considered when excursions are planned, particularly time of day and availability of shade.

EDUCATION

Sun protection and taking care of ourselves in inclement weather conditions is part of the learning program.

INFORMATION

Sun protection information will be provided to educators/staff, families and visitors.

WHEN ENROLLING

Families are:

- informed of the Pre-school's Sun Protection and Hot Weather 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. that cover the shoulders and chest, upper arms and legs)
- asked to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their child
- encouraged to practice Sun Smart behaviours themselves when at the service.

Updated: February 2020

Approved by: Approved by Governing Council

Date of approval: Monday 17 2020

Sourced: Sun Smart Early Childhood Policy Guidelines, www.cancersa.org.au and Nutrition, Food and Beverages, Dietary Requirements policy, staff, families, and the community, Children and Young People (Safety) Act 2017



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