



## Sun Protection & 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 young 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 2.3.2: Reasonable steps are taken to identify and manage risks, and every reasonable precaution is taken to protect children from harm and hazards.

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

Children take increasing responsibility for their own health and physical wellbeing

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| <b>Managed by:</b>               | Director: Pam Stanley                |
| <b>Review Date:</b>              | Term 1, 2017                         |
| <b>Presented to Staff:</b>       | Whole Centre Staff Meeting 14/3/2017 |
| <b>Presented to Gov. Council</b> | Governing Council Meeting 23/3/2017  |
| <b>Next Review Date:</b>         | Term 1, 2018                         |

## REVISION RECORD

| Date        | Revision description  |
|-------------|---|
| Term 1 2017 | Changed format, changes made to align with Cancer Council SA recommendations – wearing of hats. |
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## 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.

## 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 sunsafe. Children, staff and parents will be expected to wear a broad-brimmed hat, legionnaire-style hat or a bucket hat (with minimum 5cm brim), whenever they are involved in outside activities, during Terms 1, 3 and 4. This is also encouraged during Term 2 and whenever the UV radiation levels reach 3 or above. Children are encouraged to wear sunsafe clothing. Sleeveless or shoestring straps are discouraged. No midriff tops to be worn.

- 5.5 Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. Parents are responsible for ensuring their child's lunch is taken out of the child's bag and placed in the kitchen, to then be placed in the fridge by staff.
- 5.6 Parents will be encouraged to apply sunscreen (recommended SPF30+) to their children before they arrive at the Centre. For children that will be remaining throughout the day, SPF30+ sunscreen (as recommended by Cancer Council SA) will be provided to the children. Sunscreen will be available at the Centre for parents to access.
- 5.7 For full-day children where allergies or health issues limit the use of sunscreen, parents should complete a General Health Information form and provide appropriate sunscreen for staff to apply.
- 5.8 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.
- 5.9 Age-appropriate information on sun protection and hot weather safety will be included in children's programming and learning activities.
- 5.10 The outside play space will consist of various shaded areas, including those with natural shade (eg trees) and fixed structures (eg pergola and sand-pit shade area). Staff may also add temporary structures to provide additional shade for specific learning activities.
- 5.11 During winter (May through until August), skin protection is still recommended, particularly for children and adults with very fair skin. 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.
- 5.12 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 When staff are working outside they will wear broad-brimmed hats and all staff are encouraged to have clothing that covers the shoulders.

- 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 all new staff, visiting professionals, students 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](http://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](http://www.cancersa.org.au)
- 9.3 SunSmart Early Childhood Program (Cancer Council SA, July 2009) [www.cancersa.org.au](http://www.cancersa.org.au)
- 9.4 Information for early childhood services (Cancer Council SA, November 2009) [www.cancersa.org.au](http://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)