



## SunSmart and Hot 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.

### Objectives

This SunSmart 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 staff at appropriate times
- Ensure all children and staff have some UV radiation exposure for vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of the preschool's SunSmart policy.

### National Quality Standards

Section 167 (Protection from harm and hazards). Regulation 100 (Risk assessment must be conducted before excursion), 113 (Outdoorspace–natural environment), 114 (Outdoorspace–shade), 168 (policies and procedures (2)(a)(ii)–sun protection)

### 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

Staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities whenever UV radiation levels reach 3 and above. Children wear hats during all outside play, however, do not need to wear a hat between Week 6 – Term 2 and Week 5 – Term 3, in accordance with The Pines School SunSmart policy.

### Clothing

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 will be offered a t-shirt/shirt to wear over the top before going outdoors.

## Sunscreen

- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use.
- Families are encouraged to apply sunscreen to their child(ren) at home, sunscreen will also be provided at preschool if needed.
- During Terms 1 and 4, sunscreen is applied at least twenty minutes before going outdoors and reapplied in the middle of the day, around lunch time.
- At times, children are encouraged to apply their own sunscreen under the supervision of educators, depending on age and ability of the child.

## Hats

Parents must supply their child with a bucket hat or legionnaire hat which meets SunSmart recommendations and will:

- Be required to be worn outdoors
- Be clearly named

Baseball or peak caps are not a suitable alternative

## Shade

- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- 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 indoors or under the verandah.

## Temperature

When temperature maximums are forecast 36c or above (as listed on the Bureau of Meteorology website [www.bom.gov.au](http://www.bom.gov.au)) the outdoor temperature will be monitored and children's play will be restricted to the air conditioned indoor environment once the temperature reaches 36c.

## Babies

*Our policy is given to parents, however, parents are responsible for their children at Playgroup.*

Our SunSmart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.

Playgroup children and babies will be protected by using shade, clothing and hats. Sunscreen will be applied to small areas of exposed skin not protected by clothing or hats.

## Enrolment and information for families

When enrolling their child, families are:

- Informed of the preschool's SunSmart policy
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. shirts with collars and elbow length sleeves, longer style dresses and shorts).
- Asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child if the preschool's is unsuitable
- Required to give permission for staff to apply sunscreen to their child
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the preschool.

## Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

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

## Education

- Sun protection is incorporated into the learning and development program.
- The SunSmart policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the preschool's website.