



## **Skin Protection and Hot Weather Policy**

### **Rationale:**

**Skin Protection** - Australia has the highest incidence of skin cancer in the world and skin damage is the result of cumulative exposure to the sun. The Cancer Council of SA recommends that a Skin Protection Policy is in place from September 1 until 30 April and between 10am and 3pm at times when UV radiation levels are above 3.

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 August sun protection for most people is not necessary, however as we live in an area with more extreme climate it is vital that UV levels are monitored daily and children are required to wear hats all year round.

**Hot Weather**- Children are susceptible to heat illness and measures can be followed to reduce the incidence of heat related illness. When the radio forecast at 8.00am indicates temperatures of over 38 degrees, the Kindergarten will offer a modified curriculum; ensuring activities are set up inside or in the shaded areas. This will be assessed on the day. Students who are feeling the strain of the current heat wave may be better off not attending Kindergarten. Parents can assess whether the home can offer cooler conditions than Kindergarten. These students will be marked absent for family reasons. (The Kindergarten must be notified).

**This Policy** is in line with ACECQA regulations (NQS 2.3 regulation 168 (2) (a) (ii) and related key regulation 114) and DECD Policy.

### **The Preschool**

Believe it is important to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision making about skin protection and health during hot weather.

**It is an expectation** that all staff, students and parents of Stirling North Childhood Services Centre will use the following Skin Protection and Hot Weather strategies:

- Outdoor Activities will be scheduled in shaded areas of the service at high UV times
- Appropriate clothing (that covers shoulders) to protect skin includes wearing a broad brimmed hat, legionnaire style hat or bucket hat whenever involved in outdoor activities. Children not wearing a hat and/or appropriate clothing, will be expected to stay indoors.
- A broad spectrum, water resistant sunscreen with an SPF of 30+ will be applied prior to attendance on high UV days. Sunscreen will be reapplied after lunch by the service, or the child will be expected to stay in the shade or indoors.
- Children are to be offered water or fluids frequently and they have access at all times to water.
- Parents are expected to provide children with adequately cool clothing that is layered and can be adjusted with temperature gains to minimise heat illness.
- Staff are to ensure their own health and safety during times of high temperature and practices are paramount.

- The service provides a safe and comfortable environment for all children at all times that ensure adequate heating and cooling is provided for children.
- In the event of inadequate provision of cooling (breakdown of air-conditioning) when temperature is above 38 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.

**Curriculum**

The staff at Stirling North Childhood Services Centre will reinforce the sunsafe message and heat illness awareness through role modelling and including appropriate teaching activities, in line with the EYLF Learning Outcome “....Wellbeing”.

Learning activities are set up in shaded areas and during very hot weather play will occur inside for the majority of the day.

Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA and health authorities.

The Staff are committed to the provision of adequate shade and annually reviews the outside area.

**This Policy** will be shared with all new staff and families, and be available on the Preschool Website and in the Family Policy Folder.

Melanie Hocking  
Governing Council Chairperson

Robyn Rosenzweig  
Preschool Director

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Date: \_\_\_\_\_

Date: \_\_\_\_\_

***Endorsed and Ratified by Staff and Governing Council March 2015***

***To be reviewed March 2017***