



Mawson Lakes Preschool UV Protection and Hot Weather Policy



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 during childhood and adolescence is a major factor in determining future skin cancer risk.

UV radiation cannot be seen or felt, and is different to infrared radiation, therefore UV levels are not related to temperature. UV radiation can be high even on cool and cloudy days, so clear skies or high temperatures cannot be used to determine when sun protection is required.

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. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Cancer Council SA

Mawson Lakes Preschool is committed to providing and maintaining a safe and healthy working and learning environment for children, families, staff and visitors to the preschool. To achieve these aims the preschool has developed the UV Protection and Hot Weather policy.

Site Context

Outdoor area and Shade Provision

Our outdoor area has a number of trees which provide shade as well as two large shade structures providing up to 98% UV-B block out – one over the swing area and one over our sandpit and water course area.

When planning excursions and other outdoor activities the availability of shade is considered.

Verandah

Our building has a verandah erected along the entire length on the northern facing side. The verandah also has blinds which provide further protection and fans for extra airflow, as well as ventilators to release the build-up of heat.

Air Conditioning

The preschool is fully air conditioned with reverse cycle ducted air conditioning and a number of subsidiary units in the main indoor play areas, kitchen and office.

Objectives

This UV Protection policy has been developed to:

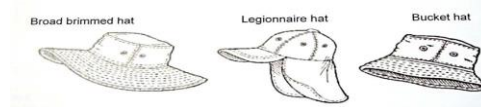
- Ensure a safe learning and working environment is provided for all children, staff, volunteers, families and visitors at Mawson Lakes Preschool
- Encourage children and staff to use a combination of sun protection measures whenever UV index levels reach 3 and above
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of our preschool's UV Protection policy

Procedures

We use a combination of sun protection measures for all outdoor activities during terms *one, three and four*, and whenever UV radiation levels reach 3 and above at other times. Staff will access the daily sun protection times via the Sun Smart app or www.myuv.com.au to assist with implementing this policy. A sign will be displayed on the blackboard at preschool advising of when sun protection measures need to be taken.

Hats and clothing

All children are required to wear hats that protect their face neck and ears i.e. legionnaire, broad brimmed or bucket hats when the UV rating is above 3. Baseball or peak caps are not considered suitable. Hats are to be provided by parents/caregivers. Children are encouraged to use available areas of shade when outside. Children who do not have appropriate hats or outdoor clothing will be expected to play inside or under the verandah.





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Children are required to wear loose fitting clothing in layers that can easily be removed during activity. Shirts with collars and longer sleeves e.g. to the elbow and longer style shorts/skirts is recommended. Singlets and shoe string strap tops are not allowed. If a child is wearing a singlet top or dress the preschool will either use a t-shirt from the child's bag or provide a t-shirt/shirt to be worn by the child prior to them going outside.

Sunscreen

Parents/caregivers are responsible for applying sunscreen to their children before attending preschool. A broad spectrum water resistant SPF30+ is recommended. Parents/caregivers of children with sunscreen sensitivity will need to supply an appropriate alternative, labelled with their child's name. When the UV rating is 3 or above, staff will be responsible for supervising children to reapply sunscreen 20 minutes before going outside, and reapplying 2 hourly if remaining outside for an extended period. The preschool will supply sunscreen for use at preschool (Broad spectrum, water resistant SPF50+). Children will be encouraged to apply their own sunscreen under staff supervision and instruction. Staff will apply sunscreen to children who are unable to do so themselves.

Hot Weather

Activities

During hot weather outdoor learning activities will be modified when needed. Staff will monitor the placement of equipment/activities to ensure the health and safety of all children and staff. On days of extreme heat the outdoor program may be modified or cancelled with children playing inside or on the verandah and parents/caregiver will be notified of the decision via the blackboard.

Surfaces

Prior to children engaging in outdoor play on hot days, staff will check the surface temperature of items such as swings, climbing boards and other outdoor equipment in order to prevent burn injuries. This will be checked by a staff member placing their hand on the surface for a slow count of five.

Snacks and drinks during hot weather

Parents are encouraged to pack fruit and vegetables in insulated containers with a freezer brick. These are to be kept in children's bags and placed in a locker under the verandah. Lunch boxes containing children's lunches are to be put into the lunch crates on the verandah on arrival each morning. The crates will be brought inside by a staff member and lunch boxes transferred to the refrigerator as soon as practicable.

Children will be reminded to have a drink regularly during the day and have free access to cool, fresh drinking water at all times. Children are expected to bring their own named drinking cup or bottle containing water which is kept in their bag.

Curriculum

- Sun protection is incorporated into the learning and development program.
- The UV Protection and Hot Weather 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

Involving Families

- Information about the UV Protection and Hot Weather Policy will be given to new families as part of the preschool enrolment process
- Parents/caregivers can request a time to talk to staff about our Policy at any time
- Parents/caregivers will be asked to support our policy by providing a suitable hat for their child
- Parents/caregivers will be asked to support our policy by dressing their child in suitable clothing that is cool and covers as much skin as possible (e.g. covers the shoulders, chest, upper arms and legs)
- Parents/caregivers will be asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child (if applicable)
- Parents/caregivers will be required to give permission for staff to apply sunscreen to their child
- Families and visitors will be asked to support our policy by using a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the preschool or preschool events
- Preschool families will be asked for input and feedback about our policy during the review process.



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Staff WHS and role modelling

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

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

References

Cancer Council SA

<https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres/sunsmart-policy-information>

DFE Inclement Weather and Sun Protection

<https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/inclement-weather-and-sun-protection>

Legislation and National Quality Standards

This policy relates to the following National Law and Regulations:

Education and Care Services National Law Act 2010 (Version 012- 2010)

Section 167 – Protection from harm and hazards

<https://www.legislation.vic.gov.au/in-force/acts/education-and-care-services-national-law-act-2010/012>

Education and Care Services National Regulations 2011 (Current version 31 December 2019)

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.

This policy links to:

National Quality Standard 2 (2011)

Quality area 2: Children’s health and safety.

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-2-childrens-health-and-safety>

There are also links to:

Quality area 1: Educational program and practice

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-1-educational-program-and-practice>

Quality area 3: Physical environment

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-3-physical-environment>

Quality area 5: Relationships with children

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-5-relationships-with-children>

Quality area 6: Collaborative partnerships with families and communities

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-6-collaborative-partnership-with-families-and-communities>

Quality area 7: Governance and leadership.

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-7-governance-and-leadership>