Skin Protection and Hot Weather Policy

Rationale

- Skin damage, including skin cancer can result from cumulative exposure to sun.
- Cancer Council SA recommends skin protection when the UV level is 3 or above.
- It is important to balance sun protection with sun exposure for the production of Vitamin D.
- Children are at greater risk of suffering from heat-induced illness than adults.

Strategies, Practices and Procedures

1. SKIN PROTECTION

   THIS POLICY IS TO BE IMPLEMENTED AT ALL TIMES BETWEEN 1st SEPTEMBER TO 30th APRIL AND BETWEEN 1st MAY AND 31st AUGUST WHEN THE UV LEVEL FOR PORT PIRIE IS FORECAST 3+ ON www.bom.gov.au

   1. Hats are to be worn outside. Hats should be broad-brimmed, legionnaire or bucket style with a deep crown and minimum brim width of 5cm for children 0-5 years and 6cm for older children and adults.

   2. Children are encouraged to wear shirts with collars and sleeves.

   3. Broad spectrum, 30+ SPF, water resistant sunscreen will be applied 20 minutes before children go outside and reapplied according to directions (some creams provide 4-hour protection and others provide less).

   4. Caregivers are encouraged to apply sunscreen to their children before coming to the centre.

   5. Where a child has a skin sensitivity to sunscreen, caregivers are asked to supply the child’s own sunscreen (named and in its original container).

   6. Where possible, outdoor activities will be scheduled before 10am and after 3pm. At other times, shaded areas of the outdoor environment will be used.

   7. The availability of shade will be considered when planning excursions.

   8. The centre will regularly review the adequacy of shade in the outdoor environment, with a view to planting shade trees and/or erecting additional shade structures.

   9. Babies under the age of 12 months will be kept out of direct sunlight as much as possible and will always be protected by hats, clothing and shade. Sunscreen will only be applied to those areas of skin not protected by clothing or shade.

   10. The sun smart message will be included in the curriculum and promoted to families.

   11. Educators and visitors to the centre will act as role models by following the skin protection and hot weather policy.

2. HOT WEATHER

   The following strategies will be undertaken in periods of hot weather:

   1. Shade: Activities are to be undertaken in shaded areas or moved inside.

   2. Drinks: Children are to be offered water frequently.

   3. Clothing: Caregivers are encouraged to dress children in clothing that minimizes heat gain and in layers that can be easily removed. Staff will monitor children’s clothing and remove layers as necessary.

   4. Lunches: Lunches will be stored in the fridge and returned to the fridge if any uneaten food remains after meal times.

   5. Play equipment and surfaces: All play equipment and surfaces are to be tested before children are allowed access. If the surface cannot be comfortably touched with the palm of a hand for a slow count of five, the surface is not safe for children to play on.
6. Power interruptions / mechanical breakdown: Should air conditioning fail, children will be offered quiet activities and encouraged to drink water frequently. In the event of power outage or breakdown, fridge temperatures will be monitored and once the temperature rises above 4 degrees, perishable foods must be consumed within 2 hours or discarded. Where lengthy power outage or mechanical breakdown prevents the service offering a suitable environment for care and education (in terms of temperature, lighting and/or safe food supply) caregivers will be contacted by mobile phone and asked to collect children or to organize the collection by an authorized person.

Approval Signatures:

_____________________________________________    __________________________________________
Governing Council Chairperson                         Director

Policy Created/ Reviewed       Term 2, 2015
Review Due Date                Term 2, 2016