SKIN PROTECTION AND HOT WEATHER POLICY

Link to National Quality Standard:
2.1 Each child’s health is promoted.
2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

RATIONALE

• Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.
• Cancer Council SA advises skin protection at times when the ultraviolet (UV) radiation level is 3 and above.
• It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development.
• We recognise that, due to physiological differences, children are at greater risk of suffering from heat illness than adults.

STRATEGIES, PRACTICES AND PROCEDURES

1. SKIN PROTECTION

THIS POLICY IS FOR IMPLEMENTATION FROM 1 SEPTEMBER TO 30 APRIL. OUTSIDE THIS PERIOD, CARE SHOULD ALSO BE TAKEN WHEN THE ULTRAVIOLET RADIATION LEVEL IS 3 (MODERATE) AND ABOVE AS INDICATED AT www.bom.gov.au

It is an expectation that all staff, students and parents of children attending Jamestown Community Children’s Centre will use the following skin protection strategies between 1st September and 30th April and when the ultraviolet radiation level is 3 (moderate) and above:

1. Hats are to be worn outside. Hats should be broad-brimmed, legionnaire, or bucket style. Bucket hats must have a deep crown and minimum brim width of 5cm for children 0-5 years and 6cm for older children and adults. Bucket hats are available for purchase at the centre. Children without a hat will be expected to play in the shade.
2. Children will be encouraged to wear shirts with collars and sleeves and longer style shorts/skirts. Polo shirts are available for purchase at the centre.
3. Broad-spectrum water resistant sunscreen with an SPF of 30+ will be applied 15—20 minutes before children go outside. Sunscreen should be reapplied every two hours.
4. Parents are encouraged to apply sunscreen before their child comes to the centre.
5. Sunscreen will be available at the service. Parents of children with sensitive skin are asked to supply their child’s own sunscreen in its original container, labelled with the child’s name. Permission for staff to apply sunscreen will be included in the list of consents provided with the enrolment form.
6. The children’s lunch, rest time and indoor activities will be held between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day. Whenever possible, all outdoor activities will be scheduled before 10.00 am and after 3.00 pm or in the shaded areas of the service.
7. Shade of trees, verandas, umbrellas and tents will be used when setting up outdoor activities.
8. The availability of shade will be considered when planning excursions. Hats and sunscreen must be worn on excursions taking place between 1st September and 30th April.
9. The service will review the adequacy of shade and plan tree plantings and additional shade structures if required (sandpit and play equipment areas are to be a priority for shade structure planning).
10. Babies (under the age of 12 months) will be kept out of the direct sunlight as much as possible and always protected by shade, clothing and hats. Sunscreen will be applied only to small areas of exposed skin not protected by clothing and hats.
11. The SunSmart message will be included in the centre program, activities and newsletters.
12. Information about the centre’s SunSmart Policy will be provided to all new staff and families.
13. Employees and visitors to the Centre will act as role models and protect their own skin by wearing hats and sunscreen.
2. **HOT WEATHER**

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

1. **Shade:** Activities conducted in periods of hot weather are to be undertaken in shaded areas or moved inside.

2. **Drinks:** Children are to be offered water frequently. Drinking water is to be accessible to children at all times.

3. **Clothing:** Parents are to be encouraged to dress children in clothing that minimises heat gain, 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 after meal times if any uneaten food remains.

5. **Play equipment and surfaces:** All play equipment and surfaces are to be tested by a staff member before children are allowed access. Surfaces and equipment that cannot be touched comfortably with the palm of a hand for a slow count of five are not safe surfaces for children to play on.

6. **Power interruptions/mechanical breakdown:** Jamestown Community Children’s Centre has air conditioning to keep the indoor environment comfortable on hot days. Where power interruptions or mechanical breakdown prevent this, children will be offered quiet activities and will be encouraged to drink water frequently. Fridge temperatures will be monitored. Once the fridge temperature rises above 4 degrees, perishable foods must be eaten within two hours or discarded. When power is interrupted for more than two hours on a hot weather day, staff members will contact parents using mobile phones to advise of the power interruption and to give parents the option of collecting their children. Should a lengthy power interruption make the environment (including temperature, light levels and food supply) unsuitable for the care and education of children, parents of remaining children will be contacted by mobile phone and asked to organise an authorised person to collect their child.

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Approval Signatures

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Governing Council Chairperson    Director