



## Sun Protection and Inclement Weather Policy

### National Quality Standards and Regulations

Quality Area 2: Children's Health and Safety (2.2)

Quality Area 3: Physical Environment

Regulation 168 (2) (a) (ii)

Regulation 114 - Shade

### Background

#### Sun Protection

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 10 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, muscles and general health.

#### Inclement Weather

Inclement weather can affect everyday activities and comes in many forms. Inclement weather includes

- Extreme high temperatures
- High UV levels
- Heavy rain, hail and snow
- Strong winds
- Severe dust or electrical storm
- Flooding

### Principles

This policy has been developed to:

- Maintain the safety of children, educators, parents, caregivers and volunteers during inclement weather
- Help educate children and families about sun protection and monitoring UV levels
- Encourage children and educators to use a combination of sun protection measures whenever the UV index levels reach 3 and above
- Work towards a safe outdoor environment that provides shade for children and educators at appropriate times
- Ensure all children and educators have some UV radiation exposure for Vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new educators are informed of the Kindergarten's Sun Protection policy

### Scope

This policy applies to all staff, children, parents, caregivers and volunteers for kindergarten events both on and off site



## **SUN PROTECTION**

Educators 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 during Terms 1, 3 and 4 and whenever the UV radiation levels reach 3 and above in Term 2.

### **Clothing**

When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with sleeves to cover the shoulders and knee length shorts or skirts are recommended. Children wearing singlet tops or dresses will need to wear a t-shirt underneath to cover their shoulders.

### **Sunscreen**

- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for educator and children's use
- Families are to apply sunscreen to their child prior to coming to kindergarten. This will then be reapplied at lunch time
- Families may send specific sunscreen (labelled with their child's name) for children with skin sensitivities. The will be made available to this child only.
- Children are encouraged to be independent and apply their own sunscreen under the supervision of educators
- Families with children who have naturally very dark skin are encouraged to discuss their Vitamin D requirements with their GP or pediatrician

### **Hats**

All children are required to wear hats that protect their face, neck and ears (bucket, broad brimmed or legionnaire hats). Baseball or peak caps are not considered a suitable alternative. All children will be provided with a kindergarten hat that will be kept on site until the end of the kindergarten year.

### **Shade**

- A shade audit is conducted regularly to determine the current availability and quality of 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 in the shade or suitable area protected from the sun

### **Responsibilities**

Staff will

- Encourage children to wear their hat and suitable outdoor clothing when playing outside
- Encourage children to be independent in applying sunscreen
- Ensure that children are reminded to seek shade when outside
- Support children to check the UV levels each day
- Model sun safe practices by wearing a suitable hat, applying sunscreen and seeking shade
- Provide experiences to teach and reinforce children's understanding of sun safety

Parents and Caregivers will

- Be made aware of this policy upon enrolment of their child at the kindergarten
- Be encouraged to support this policy by providing appropriate outdoor clothing and applying sunscreen to their child prior to arriving at kindergarten each day
- Give permission for their child to use the kindergarten sunscreen or supply a SPF 30 or higher, broad spectrum, water resistant sunscreen for their child
- Be encouraged to use a combination of sun protection measures when attending the center

**INCLEMENT WEATHER**

When planning outdoor events and excursions it is important to prepare contingency plans for the potential risk of inclement weather. Site leaders must ensure they have considered the potential hazards for all locations and situations impacted by inclement weather conditions. Monitor, or delegate someone to monitor, daily weather forecasts (such as Bureau of Meteorology) and identify any potential inclement weather risks.

**During and following a period of inclement weather:**

Consider the health and safety risks to children and employees before allowing them to undertake outdoor activities, including excursions

Look out for

- Tree debris such as leaves, nuts and branches that might pose a slip or trip hazard
- Damaged tree limbs and branches that may fall
- Wet floors and stairs

Monitor severe weather danger warning, including the South Australia Country Fire Service's fire danger warnings, particularly for R1 and R2 sites.

Endorsed by Governing Council:	May 2022
Review Cycle:	2 years
Next Review:	May 2024