



Hot Weather and Sun Safe Policy

1998, 2010, 2013

Rationale

National Quality Standards require that *Reasonable steps are taken to identify and manage risks, and every reasonable precaution is taken to protect children from harm and hazards* (Australian Children's Education and Care Quality Authority 2011, p.74).

Children are at greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. *Children sweat less and get less evaporative cooling than adults. In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults* (Sports Medicine Australia).

Australia has the highest rate of skin cancer in the world. Over-exposure to ultraviolet radiation (UVR) from the sun causes permanent damage to skin and increases the risk of skin cancer. You can't see or feel UVR - heat or high temperatures are not an indication of UVR radiation. An UVR Index of level 3 or above can damage your skin and eyes and can lead to skin cancer. Ultraviolet radiation levels are highest between 10am and 2pm (or 11am and 3pm during daylight saving), when children are at preschool. Details of daily UVR levels are available in the newspaper's weather page or at www.bom.gov.au/weather/uv

However, UVR is also the best source of vitamin D which is needed for good health and to keep bones and muscles strong. Sensible sun protection shields our skin from the sun and does not put people at risk of vitamin D deficiency.

Outdoor activities are an integral part of a child's day at the Ardtornish Children's Centre and protection measures are a part of our daily routine. Families and staff are able to reduce inappropriate levels of UVR exposure by providing a safe outdoor environment and by developing their own sun-safe policy and practices.

What You Can Expect

- All staff and volunteers will take care to protect their own health and safety and that of others in the preschool.
- Staff will promote sun safety with the children as part of the learning program.
- Staff will encourage children to drink water more frequently by reminding them, and providing accessible water for drinking. In very hot weather ice may be added.
- Staff will be positive role models who practice skin protection behaviours, by wearing sun safe hats and appropriate clothing for all outdoor activities. They will remind children to wear their hats.
- We encourage all adults in the care environment to use effective UVR protection.
- During warmer weather staff will check the temperature of surfaces in direct contact with the sun

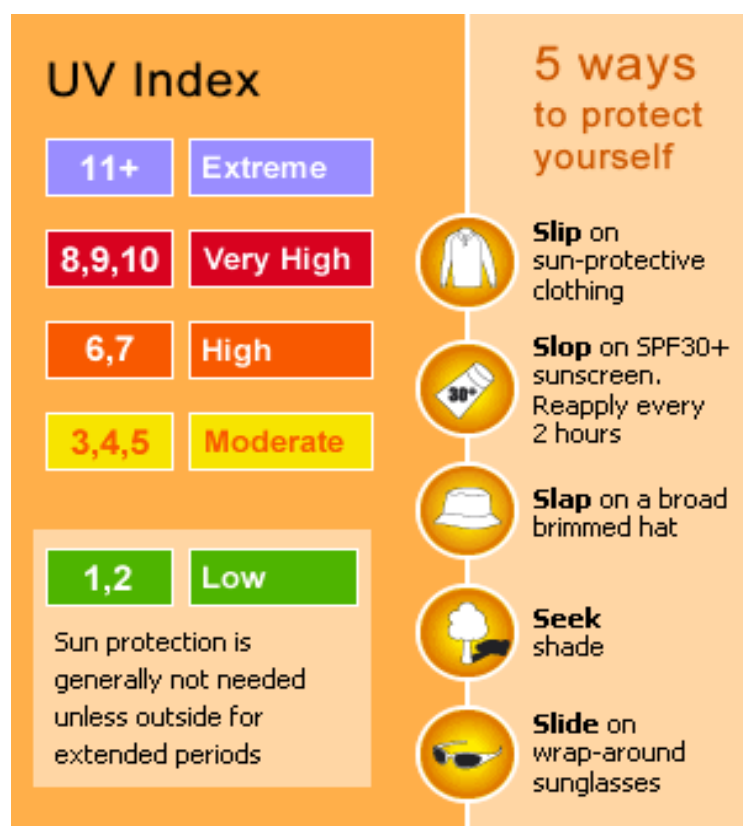
Revision description	Next review
Rationale added with reference to BOM & Cancer Council information. Format changed and references included. Image included.	May 2015

(including rubber play surfaces) to ensure that they do not present a safety risk (if a hand cannot rest on such as surface for longer than 5 seconds then it is deemed a hazard).

- Staff will supervise and assist children to identify and open sun screen containers, and encourage and support children to apply sunscreen provided by their parent
- Please note that staff do not apply sunscreen to children
- The pre-school provides sunscreen that parents can assist their children to apply in the mornings
- Our preschool will provide a comfortable and safe environment for children
- Heating and cooling equipment is provided to maintain a comfortable temperature for children
- Children will wear sun safe hats (broad-brimmed or Legionnaire style with **no** strings, offering face and neck protection) whenever they play outdoors in terms 1 and 4
- Children who do not have hats will not be allowed outside to play in terms 1 and 4
- On very hot days, or when UVR readings are high (see below), only indoor or verandah activities will be provided.
- A refrigerator is available if needed

What We Expect

- Parents are encouraged to pack food in insulated containers with a freezer pack or frozen water.
- Parents will be asked to provide a **named, sun safe hat, without ties**, which shades their child's head, neck and ears.
- Parents will be asked to clothe their child in shirts and tops which protect from the sun, eg with collars and sleeves.
- Parents will be asked to apply SPF30+ ¹broad spectrum sunscreen on their child **before** preschool. As this is effective for 3 hours, your child is adequately protected.
- If your child is in for a full day, parents are asked to provide sun screen, clearly labelled with their child's name, that their child can apply to themselves



(Image from Bureau of Meteorology)

References

Australian Children's Education and Care Quality Authority (2011), 3 Guide to the National Quality Standard. Accessed 20 August 2012

<http://acecqa.gov.au/resources-and-templates/>

Bureau of Meteorology

<http://www.bom.gov.au/uv/> Accessed 23 August 2012

Cancer Council SA

<http://www.cancersa.org.au/asp/sunsmart.aspx> Accessed 23 August 2012

"Sports Medicine Australia", refer to:

www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf

Wiki answers

[http://wiki.answers.com/Q/What does SPF 30 mean#ixzz24KqvfVUz](http://wiki.answers.com/Q/What_does_SPF_30_mean#ixzz24KqvfVUz) Accessed 23 August 2012

¹ SPF stands for sun protection factor. Higher SPF numbers would allow a person to be in the sun longer without burning. SPF 30 means that your skin will not burn until it has been exposed to 30 times the amount of solar energy that would normally cause it to burn. In other words, if you start to burn at 10 mins, by applying an SPF 30 sun screen, it would now take 300 mins to start burning (30x10= 300). However, there are many limitations to this rating (time of day, skin type, uv index, sunblock brand, water, sweat etc...) Also, SPF is just the protection factor against sunburn or UVB radiation and does not have any relation to UVA radiation, which causes long term skin damage.