

SUN PROTECTION / HOT WEATHER POLICY Regulation 168 (2) (a) (ii) Version 1.16

Australia has the highest incidence of skin cancer in the world, with 2 out of every 3 people developing some form of skin cancer in their lifetime. Skin damage, including skin cancer, is the result of cumulative exposure to the sun, and much of this damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable. The purpose of this policy is to ensure that all children and staff at Keithcot Farm Children's Centre are protected from skin damage caused by the harmful rays of the sun, while still acknowledging the benefits of sunlight and Vitamin D for healthy development and growth.

Goal

To promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths, personal responsibility for and decision making about skin protection.

The following strategies will be strongly encouraged:

- The use of clothing that protects the skin, including the shoulders.
- Children and staff when outside will wear a broad brimmed or legionnaire style hat without cords or toggles during free / active play between August 1st and April 30th. Children who do not have a hat, will be required to play inside. Adults and children will continue to wear a hat beyond April 30th, however this could be a beanie for warmth and not necessarily a broad brimmed hat. A 'hoodie' does not constitute a hat.
- Use the shade of trees, pergolas, shade sails whenever possible outdoors.
- In hot weather Educators will use their discretion about the time spent outside. During hot weather, adults will test the rubber play surface during the day to ascertain its safety as a safe play surface. If an adult cannot comfortably hold their hand on a rubber play surface for a slow count of five, it is not a safe surface for children to play on and children will not use the rubber play surface.

Expectations:

- Parents are expected to apply a broad spectrum sunscreen prior to or on arrival with a SPF of at least 30+ to clean, dry skin between August 1st and April 30th when UV rays are 3 or higher, as per Cancer Council guidelines. Sunscreen is available for parents to apply to their child if needed.
- Educators will check and record the UV rating for the day to establish whether sunscreen is required.
A rating of 3 or more indicates the need to apply sunscreen approximately every 2 hours as per Cancer Council guidelines and Educators will help children to apply it.
- Parents who do not wish for the Children's Centre to apply sunscreen every two hours will need to inform the Centre in writing.
- Educators will not apply sunscreen to those children who are under the age of 6 months unless requested by parents. Children under the age of 6 months will be kept in a shaded area and encouraged to wear a hat.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors (this is approximately 20 minutes.)
- Parents will supply their own sunscreen if their child cannot wear the sunscreen provided by the Centre and have a Pharmacist print a label with their child's name and other details as necessary on it.
- As we have effective cooling systems which are regularly maintained, the Centre will remain open for normal operating hours in hot weather. In the event of a power failure, families may choose to collect their child/ren early, or if this is not possible, water play and other suitable activities will be provided.



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SOURCED: Cancer Council of South Australia - www.cancersa.org.au
sunsmart@cancersa.org.au
Healthy SA - www.healthysa.sa.gov.au
DECD - OHS&W: HR – UV Radiation/Sun Protection Procedure
DECD - OHS&W: HR – Heat Stress Procedure
DECD - Hazard Alert No.17, December 2012
DECD - Hazard Alert HA39 - Cords, Drawstrings and Toggle Entrapment 2017
Cancer Council SA Early Childhood Policy Guidelines 2019