

## Skin Protection and Hot Weather Policy

This policy applies to all activities and events, on and off site.

### RATIONALE:

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 ten 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 and muscles and for general health. It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is **3 and above**. Cancer Council SA recommends that a skin protection policy be in place for Terms 1, 3 and 4 (August until the end of April) and any other time of the year when the UV is 3 and above. Particular care should be taken between 10 a.m. and 3 p.m. when the UV radiation levels are at their highest. When the UV radiation level is below 3, sun protection for most people is not necessary and an ideal time to absorb vitamin D from the sunlight.

### OBJECTIVES:

Wynn Vale Preschool's 'Skin Protection and Weather Policy' has been developed to:

- Encourage children and staff to use a combination of sun protection measures for all outdoor activities from 1<sup>st</sup> August to 30<sup>th</sup> April (Terms 1, 3 & 4) and whenever 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 in being responsible for their own sun protection
- Ensure families and new educators are informed of the centre's Skin Protection Policy.
- Encourage positive attitudes towards skin protection

### LEGISLATION:

This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010:*
  - Section 167 – Protection from harm and hazards
- *Education and Care Services National Regulations 2011:*
  - Regulation 100 – Risk assessment must be conducted before excursion
  - Regulation 113 – Outdoor space–natural environment
  - Regulation 114 – Outdoor space–shade
  - Regulation 168: Policies and procedures (2)(a)(ii)–sun protection

### NATIONAL QUALITY STANDARDS:

All of the following SunSmart procedures link to: Quality Area 2: Children's health and safety.

***There are also links to:***

Quality Area 1: Educational program and practice

Quality Area 3: Physical environment

Quality Area 5: Relationships with children

Quality Area 6: Collaborative partnerships with families and communities

Quality Area 7: Leadership and service management

## PROCEDURES:

- The purpose of the policy is to ensure that all members of Wynn Vale Preschool are protected from skin damage caused by the harmful ultraviolet (UV) rays of the sun.
- It is an expectation that all educators, students, visitors and families of Wynn Vale Preschool will use the recommended skin protection strategies.
- Educators will access the SunSmart UV Alert at [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) or download the [SunSmart app](#) to find out daily local sun protection times to assist with the implementation of this policy.
- The predicted UV level relevant times (when applicable) are written on the whiteboard each morning to inform all educators and to use as a discussion / teaching point with the children.
- We use a combination of sun protection measures for all outdoor activities during Terms 1, 3 & 4 and whenever UV radiation levels reach 3 and above. This includes excursions and water-based activities. Extra care is taken during the peak UV radiation times or when the UV is 3 or above. Staff will follow a combination of the following practices:
  - Schedule outdoor activities outside of peak UV times or move indoors
  - Schedule outdoor excursions earlier in the day
  - Eat lunch in shaded areas or inside
  - Consider shade when planning outdoor activities
  - Encourage children to use the shade of the veranda, shade structure, trees, decks, cubbies and pergola.
  - On extremely hot days, educators will decide if outside play is appropriate and offer indoor play

### 1. Clothing

#### **Quality area 2: Children's health and safety**

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended.

Tops with elbow length or long sleeves, higher necklines, collars and knee length or longer style shorts and skirts are best. Rash vests/t-shirts may be worn, especially in the summer months when the children participate in more water-based activities.

If a child is wearing a singlet top or dress, they are to wear a t-shirt / shirt over the top before going outdoors. This may be their own if they have brought one in their bag or borrowed from the Preschool spare clothing. If no appropriate spare clothes are available, children are to play in the shade or other suitable area where they are protected from the sun.

### 2. Sunscreen

#### **Quality area 2: Children's health and safety**

On days when the UV levels are **3 and above**

- **Parents apply SPF 30 or higher, broad spectrum and water-resistant sunscreen to their child in the morning before arriving at preschool.** If parents forget to apply sunscreen to their child before arriving at Preschool, there is a pump bottle of sunscreen next to the sign-in book which is available for use by all families.
- **SPF 30 or higher, broad spectrum and water-resistant sunscreen, affording four hours of sun protection is provided by Wynn Vale Preschool for all children's use.** Parents are informed of the ingredients prior to their child beginning preschool to see if it is appropriate for their child to use. *If children are allergic to any of the ingredients, parents are required to complete the appropriate paperwork and provide individual sunscreen that is safe for their child. Individual sunscreens need to be **clearly named**. Individual sunscreens will remain at the Preschool and will be kept with the Preschool's sunscreen. A list of children requiring individual sunscreen will be compiled and kept with the sunscreen for easy access by all educators. Parents of children who have their own individual sunscreen, are able to access this, if necessary, in the mornings.*



- **All children will apply sunscreen with the supervision / assistance of educators.** Written consent is given by parents at the beginning of their preschool year. If consent is not given, the child will play underneath the shaded areas.
- Sunscreen is applied regularly throughout the day to ensure that it is on for at least twenty minutes before children go outdoors for afternoon play.
- Sunscreen is re-applied after perspiring, water-based activities, towel drying or being washed off

### **3. Hats**

#### ***Quality area 2: Children's health and safety***

On days when the UV levels are **3 and above**, all children are required to wear an appropriately fitting hat that protects their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Hats should not obscure vision or pose a safety concern. It is recommended that hats have a cord that pulls in at the crown or is attached with safety snaps that come easily away if the cord gets caught. Baseball or peak caps are not considered a suitable alternative. The hats are kept in the children's bags and taken out each time they are needed. Children will take their hats from their bags each time they go outside to play. Children who come to preschool without hats are lent a bucket hat. Parents will be provided with a reminder note or contacted electronically. If a child does not bring a hat and there are no spare hats available, they are able to play only under the shaded areas and a second reminder note or electronic message explaining this, is given to their parents.

### **4. Shade**

#### ***Quality area 2: Children's health and safety***

#### ***Quality area 3: Physical environment***

- A shade audit is conducted regularly to determine the current availability and quality of shade
- Educators ensure there is a sufficient number of shelters and trees providing shade in the outdoor area
- The availability of shade is considered when planning excursions and all other outdoor activities
- Children are encouraged to use available areas of shade when outside

### **5. Sunglasses [optional]**

#### ***Quality area 2: Children's health and safety***

Children and educators are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

### **6. Enrolment and information for families**

#### ***Quality area 6: Collaborative partnerships with families and communities***

Upon enrolment, families are:

- Informed of Wynn Vale Preschool's Skin Protection policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- Asked to give permission for educators to supervise / assist children in applying their own sunscreen. Parents whose child is allergic to the sunscreen provided by Wynn Vale Preschool are asked to provide an individual SPF 30 or higher, broad-spectrum, water-resistant sunscreen that is suitable for their child

**Parents are also required to give written permission for educators to assist children in applying their own sunscreen.**

### **7. Staff WHS and role modelling**

#### ***Quality area 5: Relationships with children***

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, educators:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- Seek shade whenever possible.

### **8. Education**

#### ***Quality area 1: Educational program and practice***

**Quality area 5: Relationships with children**

**Quality area 6: Collaborative partnerships with families and communities**

- Skin protection and vitamin D are incorporated into the teaching and learning programme
- The Skin Protection Policy is reinforced through staff role-modelling
- Skin Protection and Sun Safety are reinforced through children's activities
- Posters about Skin Protection and Sun Safety are clearly displayed around the Preschool classroom and near the parent sign-in book
- Educators and families are provided with information on skin protection and vitamin D through newsletters, preschool website and the parent noticeboard.
- Educators will keep up-to-date with new information and resources from Cancer Council SA
- Families and visitors are encouraged to role model sun safe behaviours when participating with us or attending any outdoor activities.

**9. Policy review**

**Quality area 7: Leadership and service management**

Educators and Governing Council monitor and review the effectiveness of the Skin Protection Policy and revise the policy every two years.

**Cancer Council Information & Support contact details:**

Phone: 13 11 20

Website: [www.sunsmart.org.au](http://www.sunsmart.org.au)

Endorsed by Wynn Vale School Governing Council:

Chairperson Signature: \_\_\_\_\_ Date: 7-8-23

Due for review: **June / July 2025**

## WYNN VALE PRESCHOOL SUNSCREEN INGREDIENTS

We use the *Terry White Chemmart, Dry Touch Sunscreen SPF 50+*.

Please note the following information and list of ingredients:

### **Use & Dosage:**

- This product contains Vitamin E and Aloe Vera to moisturise the skin and is suitable for all skin types.
- It provides broad spectrum protection from the sun's UVA and UVB rays
- Suitable for all skin types
- 4HR Water Resistant.
- Fragrance Free

### **Active Ingredients:**

- Homosalate 100mg/g
- Octocrylene 80mg/g
- Octyl Salicylate 50mg/g
- Butyl Methoxydibenzoylmethane 30mg/g

### **Contains:**

- Phenoxyethanol
- Benzyl alcohol
- Hydroxybenzoates