



Sun Protection Policy

NQS

QA2	2.3.2	Reasonable steps are taken to identify and manage risks and every reasonable precaution is taken to protect children from hazards and harm.
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Regulations

Regs	168	Policies and Procedures
	114	Outdoor Space – shade requirements

EYLF

LO3	Children are happy, healthy, safe and connected to others.
	Children recognise and communicate their bodily needs.

Aim

To ensure that all employees (including leaders) take reasonable care to protect their own health and ensure that duty of care is extended to all children so that they are protected at all times.

Objective

The Sun protection policy outlines how a site will reduce the risk of heat related illness to young children during hot weather as children are at a greater risk of suffering from heat related illness than adults. This is due to physiological differences that reduce a child's ability to respond and acclimatise to the temperature of the environment.

"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"

Source "Sports Medicine Australia"

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

Implementation

Sun Safe Measures to Reduce the Risk of Heat Related Illness Include:

- **Shade** - Activities conducted in periods of hot weather are to be undertaken in shaded areas.
- **Drinks** - Children are to be frequently offered drinking water. Drinking water is to be accessible to children at all times. The centre provides filtered *Puratap* water in a water jug (kept on table under *First Aid Kit* in veranda) for children to access independently at all times.
- **Clothing** - Parent(s)/guardian(s) are encouraged to dress children in clothing that minimises heat gain and sun exposure such as light cotton tops (preferably with collars) instead of sleeveless and midriff tops.
- **Hats** - Children are required to carry a hat in their bag at all times. If a child forgets to bring a hat for the day, he or she will be permitted to play only in the shaded area of the veranda or indoors.
- **Snack Time** – On very hot days, children will sit indoors within an air-conditioned environment and eat their snack.
- **Lunch** - Parents are encouraged to pack food in insulated containers with a freezer brick or container of ice. Lunch is to be stored in the kitchen fridge.
- **Environment** – Effective cooling systems are available at all times during normal kindergarten operating hours for both the children and parents when delivering and collecting children.
- **Curriculum** - Staff will reinforce sun protection principles by role modelling (i.e. wearing appropriate clothing and hats), sharing stories, having open group discussions, playing games and singing songs on a regular basis that reinforce the message of being *SunSmart*.

EXTREME HEAT MEASURES

If the Bureau of Meteorology forecasts the maximum daytime temperature to be 36°C or greater, the kindergarten will adhere to the *Extreme Heat Strategies* dictated by the *Department of Education and Child Development*. The thermometer located in the veranda will be used to monitor the daytime temperature at the kindergarten.

The Curriculum will be Modified During Extreme Heat Conditions in the Following Ways:

- Outdoor activities will be limited to the shaded areas of the kindergarten.
- Time spent outside will be limited to no more than 15 minutes.
- Depending on various factors and conditions that could influence heat tolerance levels for any given day, activities may be confined to indoors only.
- Staff will ensure children drink water more frequently during this time.
- Water sprays and fanning activities will be used to keep children cool.
- On occasion, children will be offered frozen oranges or ice blocks.
- In the event of inadequate provision of cooling (e.g. breakdown of air-conditioning) and when the kindergarten thermometer indicates a temperature of 36°C or higher, families will be contacted to collect their children early. Children, whose families have been unable to collect them early, will be supervised with water-cooling activities until time of collection.

Sources

Adapted from the DECD Guidelines for developing a Preschool Hot Weather Policy, 2012.

Review

This policy will be reviewed on a 3 yearly basis by the kindergarten staff and Governing Council.