



## Inclement Weather and Sun Protection Policy

### Rationale

Inclement weather can effect everyday activities in many ways. Inclement weather includes extreme temperatures, high UV levels, strong rain and wind, flooding, severe dust and electrical storms. The outdoor environment, events and excursions need to consider and adjust to the risk of inclement weather. 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.

### Objectives

This policy has been developed to:

- Consider the health and safety risks to children and educators.
- Monitor weather and severe weather danger warnings.
- Ensure children and educators to use a combination of sun protection measures 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 staff have some UV exposure for vitamin D
- Assist children to be responsible for their own sunprotection
- Ensure families and new educators are informed of the preschool's Inclement Weather and Sun Protection Policy.

### National Quality Standards

Section 167 (Protection from harm and hazards). Regulation 100 (Risk assessment must be conducted before excursion), 113 (Outdoorspace–naturalenvironment), 114 (Outdoorspace–shade), 168 (policies and procedures (2)(a)(ii)–sun protection)

### 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

Educators are encouraged to access the daily weather and sun protection information to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities whenever UV radiation levels reach 3 and above.

### Clothing

When outside, children are encouraged 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 sleeves, collars and knee length or longer style shorts and skirts are best.

If a child is wearing a top or dress with no sleeves, they will be offered a t-shirt/shirt to wear over the top

before going outdoors.

### **Sunscreen**

- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use.
- Families are encouraged to apply sunscreen to their child(ren) at home, sunscreen will also be provided at preschool if needed.
- During Terms 1 and 4, sunscreen is reapplied in the middle of the day, around lunch time.
- Children are encouraged to apply their own sunscreen under the supervision of educators, depending on age and ability of the child.

### **Hats**

Families must supply their child with a bucket hat or legionnaire hat which meets SunSmart recommendations and will:

- Be required to be worn outdoors
- Be clearly named

Baseball or peak caps are not a suitable alternative

### **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 indoors.

### **Temperature**

When temperature maximums are forecast 36c or above (as listed on the Bureau of Meteorology website [www.bom.gov.au](http://www.bom.gov.au)) the outdoor temperature will be monitored and children's play will be restricted to the air conditioned indoor environment once the temperature reaches 36c.

### **Wet weather and extreme weather**

- Children and educators are encouraged to dress for the weather. Eg, gumboots, rain jackets, etc.
- Children are able to continue playing outside in light and sporadic rain if they choose.
- During heavy rain and torrential downpours, children will be asked to play under cover or inside. Eg, sandpit and under the verandah.
- When high winds are forecast, children will play inside, due to the risk of tree branches falling, sand getting in eyes, etc.
- Before going back outside after significant weather events, an educator completes an inspection, similar to a Daily Inspection.

### **Babies**

*Our policy is given to families, however, families are responsible for their children at Playgroup.*

Playgroup will offer experiences both inside and outside to cater to all ages, adapting to suit weather conditions.

Our SunSmart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.

Playgroup children and babies will be protected by using shade, clothing and hats. Sunscreen will be applied to small areas of exposed skin not protected by clothing or hats.

### **Enrolment and information for families**

When enrolling their child, families are:

- Informed of the preschool's Weather Policy
- Asked to provide their child with suitable clothing for the weather forecast and according to SunSmart recommendations.
- Asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child if the preschool's is unsuitable
- Required to give permission for staff to apply sunscreen to their child

- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the preschool.

### **Educator WHS and role modelling**

- Educators are to wear clothing appropriate to the weather conditions. Eg, waterproof shoes/gumboots, raincoats, hats, no sleeveless clothing, etc.

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

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

### **Education**

- Sun protection and learning about the UV rating is incorporated into the learning and development program.
- The Inclement Weather and Sun Protection Policy is reinforced through educators and children's activities and displays.
- Educators and families are provided with information on weather and sun protection through family newsletters, noticeboards and the preschool's website.

### **References:**

- Education and Care Services National Regulations, 2018
- National Quality Standards, 2018
- Department for Education policies and procedures available at: <https://www.education.sa.gov.au/department/policies>
- Bureau of Meteorology website: <http://www.bom.gov.au/>
- Sun Smart website: <https://www.sunsmart.com.au/>

### **Policy review**

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

**To be reviewed:**

2024

