



# Sun protection and hot weather policy

## Purpose

All ensure all children can safely access the outdoor learning environment while being protected from the weather. This policy provides a range of strategies that are in place to reduce the risk of heat illness in young children.

## Using sun protection

The Preschool uses a combination of sun protection measures for all outdoor activities on and off site **during the entire preschool year** including:

### Clothing

Sun protective clothing is required throughout the year. Parents are encouraged and reminded to dress children in clothing that minimizes heat gain, in layers that can be easily removed during activities, and of a type that is sun safe. This includes wearing clothing items that ensure children's shoulders are covered and they are wearing supportive footwear.

### Sunscreen

The preschool will provide SPF 30 or higher broad spectrum, water resistant sunscreen for students and staff use. If parents/families do not wish for their child to use the preschool's sunscreen then they must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.

Each day the educators will check the UV and if it reaches 3 or above then sunscreen is required. Families are required to support their child apply sunscreen before arriving at preschool each day. Sunscreen is then re-applied at least 20 minutes before going outdoors before lunch time.

### Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats whenever they are outside. Baseball or peak caps are not acceptable.

### Drinks

Children are frequently reminded to drink water. Drinking water to be accessible at all times.

### Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Outdoor events to be held during term two or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

## Curriculum

Sun Smart behaviour is regularly reinforced and promoted to the whole preschool community through regular reminders via our Facebook page, emails, text messages, discussions during group times and play experiences, and in our parent information booklet.

## Outdoor Play

Educators will regularly check play equipment (particularly spaces made up of rubber or metal) before children begin their play. They will conduct a touch test to ensure the equipment is not too hot for children. If an educator can hold their hand on a surface for a slow count to 10 the surface is safe to use.

If the temperature reaches 36 degrees, children will be required to play in shaded areas such as in the sandpit or under the veranda.

If the temperature reaches 38 degrees, children will be required to remain indoors.

The information has been extracted from the [Cancer Council SA SunSmart policy](#)

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