

Hot Weather Policy

This policy will recognise that children are at a greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. The risk of heat stress is a factor of both air temperature and relative humidity levels.

"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", refer to :www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf

The following strategies will be adopted to reduce the risk of heat illness in young children:

Staff:

Shade Activities conducted in periods of hot weather will be undertaken in shaded areas.

Drinks Children will be frequently reminded to drink water. Children's water bottles will be stored inside and refilled when required.

Clothing Staff will assist children to recognise when they are hot or cold and with the putting on or removal of clothing.

Snacks/Lunch Staff will store snacks inside and lunch boxes in the fridge.

Cooling Staff will maintain room temperatures at safe levels. The centre will remain open on forecast high temperature days. In the case of blackouts or the breakdown of the cooling system in extreme weather conditions, families will be notified to collect their children.

Arrival/dismissal Parents will be encouraged to enter the building to drop off and pick up their child to minimise the risk of heat related illness.

Parents

Clothing Parents are to be encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is sunsafe.

Refer www.arpansa.gov.au/radiationprotection/factsheets/is_UVProtection.cfm

Lunch Parents are to be encouraged to pack food in insulated containers with a freezer brick or frozen water.

Sun Protection Policy

Rationale Australia has the highest incidence of skin cancer in the world with 1 out of every 2 people developing some form of skin cancer in their lifetime.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the 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.

All staff of the Minlaton & District Early Learning Centre will use the following skin protection strategies:

1. outdoor activities between the hours of 10am and 2pm (normal time) and 11am and 3pm (daylight saving) will be held in shaded areas.
2. children and staff will be expected to wear a broad-brimmed or legionnaire style hat during Terms 1 & 4. During Terms 2 & 3 hats will be worn at the discretion of the staff. Children not wearing a hat will be expected to play in the shade.
3. staff will apply sunscreen (SPF 30+) before outdoor play. Sunscreen will be available at the centre for parents to apply to their children on arrival if they haven't at home.
4. staff will promote children's awareness of skin cancer prevention at appropriate times.

All parents will:

1. apply sunscreen to their children before kindergarten/Occasional Care.
2. dress children in shirts with collars and short sleeves – no singlet tops allowed.
3. provide their child with a broad-brimmed or legionnaire style hat.