

Para Vista Preschool Hot weather And Skin Protection Policy

NQS QA2		Children's health and safety
2.1	Health	Each child's health and physical activity is supported and promoted
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected.

At Para Vista Preschool, we aim to promote positive attitudes and practises towards skin protection. The Para Vista Preschool hot weather policy contains guidelines and actions for children and staff.

Outdoor Area

Our outdoor area has lots of trees that provide shade, as well as a large verandah area. The climbing equipment and sandpit are also covered by large shade structures. During hot weather, (temp. predicted above 36 degrees Celsius or UV level over 11) children's play will be restricted to the veranda and sandpit area. Water play will be provided when appropriate, to help children to stay cool.

Prior to children engaging in outdoor play on hot days, staff will check the surface temperature of items such as swings, climbing equipment and the slide to prevent burn injuries.

Hats

When the UV levels are above 3 the children are required to wear a hat when playing outside. UV levels will be checked during morning fruit time. Suitable hats to wear are legionnaires, broad brimmed and bucket hats. Cords on hats are required to be removed. Hats can be purchased from the preschool for \$7.00.

If children have forgotten to bring their hat, the child will be restricted to play under the veranda or in the covered sandpit area (if UV is over 3). A note will be sent home to inform parents their child did not have a hat. Staff will model appropriate sun safe behaviour by also wearing hats outside when the UV is over 3.



Clothing

Shoestring tops and clothing that does not cover the shoulders are not suitable to wear at preschool for adults or children. If a child is wearing a singlet top or dress, a t-shirt will be provided to go over the child's clothing before going outside.

Sunscreen

When the weather is hot, we ask parents to apply sunscreen to their child in the morning. Staff will assist children to apply supplied sunscreen prior to washing their hands for lunch (20 minutes before outside play). At enrolment, parents will be given the option of giving consent to use centre provided Cancer Council sunscreen. Parents are able to provide their own sunscreen, which will be labelled with the child's name and kept with the preschool sunscreen.

Drinks during hot weather

Children are required to bring a cup or a drink bottle from home. Children will keep their water bottle in their lockers and will be reminded regularly to drink water. Pura tap is available to top up bottles when necessary. Children will be educated regarding the health benefits of drinking water regularly during the day and encouraged to have their drink bottles with them during lunchtime.