

ALDGATE KINDERGARTEN

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www.aldgatekgn.sa.edu.au



Sun Protection and Hot Weather Policy of Aldgate Kindergarten

Rationale

It is estimated that 95-99% of skin cancers are caused by overexposure to UV radiation, and can therefore be prevented by adequately protecting the skin when the UV Index is 3 and above. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. As part of our Kindergarten's duty of care it is imperative that this risk be minimised.

Consistent with the Department for Education and Cancer Council SA guidelines, sun protection measures are in place from 1 August – 30 April, and when the UV is 3 and above at other times.

The aims of this policy are:

- To ensure that all children and staff use a combination of sun protection measures whenever UV index levels reach 3 and above.
- To ensure all children and staff have some UV radiation exposure for vitamin D.
- To assist children to be responsible for their own sun protection.
- To ensure families and new staff are informed of the Kindy's Sun Protection policy.
- To ensure children are protected from heat stress.

The requirements of this policy are that:

- Staff access the daily sun protection times app for Stirling each morning on the SunSmart app or at www.bom.gov.au/sa/uv to assist with implementing this policy;
- Hats are provided by the kindergarten and are broad brimmed with a brim width of at least 5 cm. Hats must be toggle free to reduce the risk of neck injury;
- Children who do not have a sun safe hat or who are not wearing appropriate sun safe clothing will need to play under the pergolas or inside;
- There is sufficient shade for outdoor play and children are directed to shaded play areas in very hot weather;
- Children wear clothing that protects their exposed skin. Tops with collars or higher necklines and long or elbow length sleeves, and longer style shorts and skirts are recommended. Children wearing a singlet top or dress are required to wear a t-shirt over the top before going outdoors;
- Parents are asked to apply sunscreen to their child prior to kindergarten or notify staff if they haven't done so. SPF 30 or higher broad spectrum, water resistant sunscreen is supplied on the sign-in table for families. Staff will apply sunscreen to children who arrive from Out of School Hours Care, and reapply sunscreen after lunch, or 2 hourly if children are outdoors for extended periods. Sunscreen will be applied 20 minutes before going outdoors;
- Parents give permission (or not) for staff to reapply sunscreen upon enrolment – personal sunscreen can be provided if clearly named and stored in the kindergarten kitchen. Parents who do not wish to have sunscreen applied to their children will be requested to dress children in loose fitting clothing that protects the skin as much as possible such as long sleeve tops and pants;
- All staff will be expected to role model SunSmart behaviours by wearing a sun safe hat and clothing and apply SPF30 or higher broad spectrum, water resistant sunscreen, and seek shade when outdoors;

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- Any parents, student teachers or volunteers attending excursions or other outdoor activities will be required to wear a sun safe hat and clothing;
- During May – July or when UV is below 3, hats are not provided to allow for safe UV exposure to assist with Vitamin D maintenance;
- Sun protection awareness activities will be included in the program and the policy will be revised annually;
- Drinking water is readily available to children and they will be frequently reminded by staff to keep hydrated;
- Children are closely observed for signs of heat stress;
- Families have a copy of the kindergarten's Bushfire Action Plan and children's emergency contacts are up to date at the commencement of each Bushfire season.

Families are reminded:

- Not to leave older or younger children in their car when dropping off or collecting their preschool child;
- To take note of the kindergartens Bushfire Action Plan;
- That the kindergarten will be closed on any days that have been given a Catastrophic rating as advised by the Department for Education.