



## ALDGATE KINDERGARTEN

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Government of South Australia  
Department for Education

# Sun protection and hot weather policy

## 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 when UV index levels reach 3 and above;
- To support children to develop self-help sun protection skills and awareness;
- To ensure all children and adults have some safe UV radiation exposure for vitamin D;

## The requirements of this policy are that:

- Staff, parents, student teachers, visitors and volunteers will adhere to these practices when the UV is 3 and above;
- Staff will access the daily local sun protection times using the Bureau of Meteorology app, website [Aldgate Weather - Bureau of Meteorology \(bom.gov.au\)](http://Aldgate Weather - Bureau of Meteorology (bom.gov.au)) or the SunSmart app and communicate this to families on the UV poster;
- Children's uniform hats are provided by the kindergarten, and will have a broad brim width of at least 6 cm. These hats must be worn when the UV is 3 and above. Uniform hats stay at Kindergarten so that they are always available. Hats must be toggle free to reduce the risk of neck injury;
- Children will wear clothing that protects their exposed skin. Tops with collars or higher necklines and long/close to elbow length sleeves, and longer style shorts and skirts are recommended. Children who are not wearing appropriate sun protecting clothing (e.g. sleeveless tops) will be helped to change from clothes in their bags or spare Kindergarten clothing if possible. If no options are available, children will be directed to play in the shade or under the pergolas;
- Using the daily UV sun protection times as a guide, staff will apply SPF 50+ broad-spectrum, water resistant sunscreen to children twenty minutes before going outside. Sunscreen will be reapplied at intervals throughout the day, as required according to the application instructions;
- Parents may choose to supply personal sunscreen for their child, which will be clearly named and stored with site sunscreen. Parents who do not give consent for their child to have sunscreen applied to their children's exposed skin will need to dress children in appropriate sun protective clothing when the UV is 3 and above. Children will be directed to play under shelter;
- Staff will ensure that there is sufficient shade for play in the outdoor learning area. When the UV is 3 and above, staff will ensure that outdoor activities are placed in the shade and will actively encourage children to play in shaded areas.
- Children will be directed to shaded play areas in very hot weather and/or peak UV radiation times, and relocate activities into shaded areas as required during the day;
- A combination of sun protection and hot weather measures are considered when planning outdoor excursions and water-based activities, with appropriate risk assessments in place to ensure children's safety;
- Sun protection awareness activities will be intentionally taught in the learning program;
- During May – July (whenever UV is below 3), Kindergarten hats will be removed to allow for safe UV exposure to assist with vitamin D levels;
- Drinking water will be readily available to children and they will be frequently reminded by staff to keep hydrated. Children will be closely observed for signs of heat stress;
- This policy will be regularly reinforced and promoted to staff, volunteers and families through our playgroup, parent information book, staff induction program, website and email communications.