



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 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 staff are informed of the policy;
- To ensure children are protected from heat stress.

The requirements of this policy are that:

- SunSmart behaviour is regularly reinforced and promoted to the community;
- For Workplace Health and Safety, all staff, parents, student teachers or volunteers attending excursions or other outdoor activities role model SunSmart behaviours;
- Children's hats are provided by the kindergarten, and have a broad brim width of at least 6 cm. Hats must be toggle free to reduce the risk of neck injury. Hats from home are not required;
- Each morning staff check the UV protection times www.bom.gov.au/sa/uv and communicate this to families on the UV sign;
- There is sufficient shade for outdoor play, and children are directed to shaded play areas in very hot weather and/or peak UV radiation times;
- 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 who arrive at Kindergarten wearing a singlet/sleeveless dress will be required to wear a t-shirt over the top to cover their shoulders before playing in unshaded outdoor areas. If no appropriate clothing is available, children will have to play under the pergolas or inside;
- Parents are to apply sunscreen to their child prior to kindergarten, or do so when they arrive. SPF 30 or higher broad spectrum, water resistant sunscreen is available to families. Staff will apply sunscreen to children who arrive from Out of School Hours Care, and reapply sunscreen before lunch, or 2 hourly if children are outdoors for extended periods. Sunscreen will be applied 20 minutes before going outdoors;
- Parent permission is required for staff to reapply sunscreen – personal sunscreen can be provided by families, clearly named and stored in the kindergarten kitchen. Parents who do not wish to have sunscreen applied to their children will need to dress children in loose fitting clothing that protect exposed skin, such as long sleeve tops and pants;
- During May – July, or when UV is below 3, access to Kindergarten hats is removed to allow for safe UV exposure to assist with Vitamin D maintenance;
- Sun protection awareness activities will be included in the learning program;
- Drinking water is readily available to children and they will be frequently reminded by staff to keep hydrated, and children are closely observed for signs of heat stress;
- Staff communicate this policy to families upon enrolment in the information booklet, with regular reminders in newsletters.