



Blackwood Kindergarten Sun Protection & Hot Weather Policy

PURPOSE

Australia has the highest incidence of skin cancer in the world, with one out of every two people developing some form of skin cancer in their lifetime. Much of the damage can occur during childhood and adolescence through cumulative exposure to the sun. 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. Cancer Council SA advises that we protect our skin when UV radiation levels are 3 and above. This is usually in the months between September and April but may occur in other months. UV levels are usually highest between 10 am to 3 pm, but monitoring levels is recommended. It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. Following this policy will encourage our children and community to take responsibility for effective measures that can prevent skin damage by the sun. During hot weather hydration is a priority.

SCOPE

All children, staff, volunteers and contractors attending our centre will abide by this policy.

OBJECTIVES

- Promote positive attitudes towards skin protection.
- To endeavour that all children attending our centre are protected from harmful ultraviolet rays of the sun.
- Raise awareness of the potential damage that exposure to the sun can cause, in particular between 10.00am to 3.00pm.
- Encourage personal responsibility for skin protection.
- Ensure that hot weather will not adversely affect the health of anyone at the centre.

PROCEDURE DETAILS

- **HATS** Sun Smart bucket style hats are included in Transition Fees for new children. They are also available for purchase at the kindergarten. Children may wear hats that satisfy the Anti-Cancer Foundation guidelines so as to shade the face, back of neck and ears i.e. broad brimmed hat, 5cm brim bucket hat or legionnaire style hat.

- The wearing of a hat outdoors will be compulsory between the beginning of September, to the end of April and when the UV index is 3 or above, monitored daily at kindergarten. Children without a hat during these months will be required to play under the verandah, indoors, or wear a spare hat if available.
- The wearing of hats will be modelled by all staff, and parents/volunteers/work experience students will be asked to comply with the policy if volunteering at the centre.
- All staff, parents and children will wear a hat on excursions and walks as well as for outside play when UV index is 3 or above.
- **SUNSCREEN** Parents will be encouraged to apply sunscreen before bringing children to kindergarten. Children will be assisted to reapply sunscreen (provided by parents) at lunchtime under staff supervision, 20 mins before returning to play outdoors.
- Staff are encouraged to apply sunscreen morning and afternoon.
- **CLOTHING** Parents will be encouraged to provide clothing for their child which protects the skin. It is recommended that clothing should cover shoulders, arms and protect the back of the neck.
- Staff will wear clothing that protects the shoulders, back and neck from sun exposure when on outside duty.
- **WATER** The centre promotes the drinking of water only and provides filtered tap water. Children are reminded to drink water throughout the session and particularly at lunch time. Parents are to provide each child with a water bottle. These are kept indoors for easy access at all times by children. Fruit juice and flavoured milk will be sent home. Staff will model the drinking of water.
- **STAFF** will
- Monitor UV levels on www.bom.gov.au/weather/uv daily and advise children.
- Set up outdoor activities in appropriately shaded areas, endeavouring to avoid children being in direct sun between 10.00am to 3.00pm. Staff will seek shade whenever possible during outdoor activities.
- Staff will include information about the importance of skin protection in the educational program for the children.
- Staff will inform the parent community of aspects of skin protection by keeping current resources such as those through the Anti-Cancer Foundation Resource Centre and sharing these via newsletters and notice-boards.
- Outdoor area will endeavour to provide maximum shade through tree planting, shade structures etc. within the constraints of our Bushfire level 2 rating.
- Staff will provide outdoor play daily to expose children to sunlight for Vitamin D production. Cancer Council SA recommends 10 mins of sunlight before 10am and after 3 pm September to April, and 2 to 3 hours per week cumulative sunlight exposure from May to August.

HEAT PROTECTION STRATEGIES

- Staff will monitor children, selves and other adults to take steps to conserve energy and to ensure their fluid levels are maintained on hot days. Children will be regularly encouraged to drink water. Activities may be modified e.g. Running games allowed in the coolness of morning and discouraged after the day heats up.
- Parents will provide a drink bottle for water for their child.
- Parents are advised to add an ice pack to children's lunch and fruit snack boxes. Lunch boxes will be brought indoors by 9am.
- Water play, shade, air conditioning, fans, appropriate layers of clothing, relaxation time, water misting bottles etc. will be utilised to reduce heat stress
- Excursions outdoors e.g. walks may be rescheduled or cancelled according to weather conditions. Full water bottles will be taken on excursions and extra water taken if no access to drinking water will be available.

On days of extreme heat: ie forecast is over 36°C

- Outdoor play conditions are to be monitored and at the discretion of the staff, children may be required to remain on the verandah or inside the building to play.
- The centre is air-conditioned so there will be no cancellation of sessions according to weather temperature. Parents may choose to keep children at home at their own discretion.
- Any heat stress will be treated with first aid, parents or next of kin notified, and an ambulance called if required.

MONITORING, EVALUATION AND REVIEW

This Policy has been discussed and ratified by Blackwood Kindergarten Governing Council

SIGNED Chairperson KAI LEONG

Director SUE CALDICOTT

Date 20/10/2015

This Policy will be reviewed by Governing Council Date Oct 2016

Associated Documents

See www.decd.sa.gov.au/childrenservices/pages/earlychildhoodreform/PoliciesandProcedures/

UV Radiation/Sun Protection Procedure no 0477/05

Cancer Council SA www.sunsmart.org.au