



STRATHALBYN KINDERGARTEN

SUN PROTECTION AND HOT WEATHER POLICY



BROAD POLICY STATEMENT:

Our Sun protection and Hot Weather policy was developed to ensure that all children, employees and visitors (including babies) attending Strathalbyn Kindergarten are protected from skin damage and exposure to hot weather. According to the Work Health and Safety (WHS) Act 2012, DECD employees and employers, along with visitors, volunteers and contractors, are required to have a shared responsibility regarding sun protection.

Educators and children who are outside for all or part of their day can receive up to nine times more UV than someone who works indoors, which can drastically increase their risk of skin cancer. Everyone who attends Kindergarten is required to take measures to protect their skin during terms one, three and four or when the UV is 3 and above. <https://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-schools/> July 2, 2019

RATIONALE:

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

OBJECTIVES:

This Sun Protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection

All families and new staff are informed of the centre's Sun Protection policy.

PROCEDURE:

Staff access the daily sun protection times on the Sun Smart app, or at bom.gov.au/uv/index.shtml to assist with implementing this policy.

We use a combination of sun protection measures for all outdoor activities during terms one, three and four (22nd July – 30th April) and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

1. Clothing

Quality area 2: Children's health and safety

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality area 2: Children's health and safety

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

Children are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Quality area 2: Children's health and safety

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

4. Shade

Quality area 2: Children's health and safety

Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

5. Babies

Quality area 2: Children's health and safety

When babies visit our site: Our Sun Smart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above. Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.

6. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- informed of the Kindergarten's Sun Protection policy
- asked to provide a suitable hat for their child (*if applicable*)
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child (*if applicable*)
- required to give permission for staff to apply sunscreen to their child
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the Kindergarten.

7. Staff WHS and role modelling

Quality area 5: Relationships with children

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

8. Education

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

- Sun protection is incorporated into the learning and development program.
- The Sun Protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the kindergarten's website.

9. Policy review

Quality area 7: Governance and leadership

Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required every three years.

Endorsed and ratified by staff and Governing Council:

Reviewed: 2021

Date of next policy review: 2023

