

Barker Kindergarten

Sun Protection and Hot Weather Policy

National Quality Standard 2.3

Developed: August 2010

Reviewed, updated and endorsed by staff and Governing Council November 2015

Next Review Due: November 2016



Sun Protection

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70 years of age. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life can determine the likelihood of skin cancer developing later in life. The Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above. This is when the UV is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from September to April and it is during these months that sun protection is necessary. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims:

- To ensure that all children, educators and visitors/volunteers attending Barker Kindergarten are protected from skin damage caused by exposure to UV when the radiation level is 3 and above.
- Positive attitudes towards skin protection are fostered at an early age.
- Lifestyle practices which can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about skin protection
- Awareness of the need for ongoing evaluation of outdoor play spaces to reduce the level of sun exposure when the UV radiation level is 3 and above.

Implementation:

- **UV Alert** -
 - Staff will access the sun smart UV alert to find out daily local sun protection times and UV Index.
 - The service will ensure all sun protections measures are applied to children and educators while outside from 1 September to 30 April and whenever UV levels reach 3 and above at other times.
- **Shade** – Educators are aware of the shade in our outdoor learning spaces provided by verandahs, trees and shade sails. Outdoor learning experiences and activities are positioned in shaded areas. Children are encouraged to use shaded areas for play when outside. Children who do not have appropriate hats or outdoor clothing are asked to play in an area protected from the sun or indoor environment.
- **Hats** – All children are required to wear hats to protect their face, neck and ears i.e. legionnaire, broad rimmed or bucket hats. Baseball or peak caps are

not considered suitable. Hats must be worn between 1 September and 30 April or whenever the UV levels reach 3 and above at other times.

- Brims on broad brimmed hats should be at least 7.5cm wide. These hats reduce the amount of ultraviolet radiation reaching the face and eyes by up to 50%.
 - Legionnaire style hats should have a flap that meets the sides of the front peak to provide protection to the side of the face
 - A bucket hat should have a deep crown so it sits low on the head and have a brim of at least 5 cm.
- **Clothing** – Whenever outdoors children will wear Sun Smart clothing that protects as much of the skin as possible. Clothing made from cool, cloth woven fabric is recommended. Tops with elbow length sleeves and if possible collars and knee length or longer style skirts are best. If a child is wearing a dress or singlet top they wear a t-shirt over the top before going outside.
 - **Sunscreen** - Barker Kindergarten supply SPF 50+ UVA UVB Broad Spectrum 4 hour Water Resistant Sunscreen from the Cancer Council for children and educators. With parental consent some children will wear alternate sunscreen provided by their family due to sensitive skin. Sunscreen is applied by parents prior to dropping their child at Barker Kindergarten or parents can apply sunscreen when they arrive. Sunscreen is reapplied at least 20 minutes before going outside in the afternoon. Children are encouraged to apply their own sunscreen under the supervision of staff. We acknowledge some children may need assistance. Sunscreen will be stored in a cool place out of the sun and staff will monitor the expiry date of sunscreen and discard when out of date.
 - **Reinforcing the SunSmart message** -
 - We will reinforce the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
 - Staff will be encouraged to role model appropriate Sun Smart strategies in all service activities.
 - Skin cancer prevention will be included in appropriate teaching activities.
 - Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.

Hot Weather

South Australia has a hot (air temperature) and dry (humidity) climate that can impact upon a person's functioning when exposed to these elements over time. Hot weather is particularly evident from September to April, when Ultraviolet Radiation is also at a peak.

Aims:

The aims of the hot weather policy are to promote among children, staff and parents:

- positive attitudes towards keeping safe in hot weather.
- lifestyle practices which can help reduce dehydration, heat stroke, sun burn and other heat related ailments.
- personal responsibility for and decision making about keeping comfortable in the heat
- awareness of the need for environmental changes in our centre to reduce the level of heat exposure when the temperature is above 30 degrees Celsius.

Implementation:

This policy is for implementation throughout the year.

The purpose of the policy is to ensure that all members of our early childhood service are protected from heat related ailments. It is an expectation that all staff, students and parents of Barker Kindergarten will use the following heat protection strategies:

1. Take care to protect the skin in line with the site's 'skin protection policy'. During hot weather other considerations are also necessary.

1.1 Parents are encouraged to make sure their child is dressed in light layers that they can easily remove if they are feeling hot.

2. Care will be taken to make sure all those accessing Barker Kindergarten are well hydrated on hot days and food is kept safe.

2.1 All children will need to bring a water bottle to access water throughout the day. Water bottles and cups will be accessible to children throughout the day.

2.2 Regular reminders to 'have a drink' will be given to children on days the temperature is expected to peak above 30 degrees.

2.3 Children's lunchboxes will be stored in the fridge.

3. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

3.1 Outside activities will be set up in the shade on days the temperature is expected to exceed 30 degrees.

3.2 Children will be actively discouraged from spending time in unshaded areas on days the temperature is expected to peak on or above 30 degrees.

3.3 The kindergarten routine will be rearranged on days the temperature is expected to peak on or above 36 degrees to include outside play first thing in the morning

3.4 All children will be kept indoors after 10am (or when temperature has peaked at 36 degrees if this information is available) on days the temperature is expected to peak above 36 degrees.

3.5 The kindergarten will remain open for service on days the temperature is expected to peak above 36 degrees. The kindergarten is serviced by 2 air conditioning units. The staff will respect the wishes of a parent who wants to collect their child early on hot days due to their own families hot weather management.

3.6 In the event of a blackout and/or breakdown of the kindergarten's air cooling system every effort will be made to contact each child's family / guardian to collect them at their earliest convenience.

3.7 The outside teacher may use their discretion to implement 3.3 and/or 3.4 on days the temperature is not expected to peak at stated temperatures if they are

uncomfortable in the heat and notice children are showing signs of heat stress e.g. red cheeks.

4. Reinforcing behaviours related to keeping healthy in hot weather will be adopted across the site.

4.1 Staff will be encouraged to role model appropriate strategies in all service activities.

4.2 Keeping safe in the heat will be included in appropriate curriculum experiences.

Information about Barker Kindergarten's Skin Protection and Hot Weather Policy will be given to all new staff, students and families and asked to provide a suitable hat for their child.

Where a parent chooses for their child not to wear sunscreen they must inform the centre in writing via their enrolment form

For more information please do not hesitate to contact:

Cancer Council Helpline 13 11 20

Or visit their website on: www.sunsmart.org.au