

Bertram Hawker Kindergarten

Sun Protection and Hot Weather Policy



RATIONALE

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. However, too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Our Sun Protection Policy has been developed to ensure that all children, employees and visitors attending the kindergarten are both protected from skin damage caused by harmful UV radiation from the sun and have adequate UV exposure for Vitamin D.

The kindergarten will ensure this policy is applied to children and staff while outside when the UV level is 3 or above. When the UV level is below 3, these sun protection measures will not apply. Sun protection will be considered when excursions are planned, particularly time of day and availability of shade.

Staff will access the Sun Smart UV Alert at www.sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

On days 37 degrees or above staff won't run a formal kindergarten program in the afternoon but will provide supervision with quiet activities. Parents have the option to pick up their children from 12.30pm on these days.

HATS AND CLOTHING

- All children will wear a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside. Caps will not be allowed at the centre.
- We will provide hats and they will be accessible to children at all times.
- When outdoors, all children will wear Sun Smart clothing that covers shoulders and protects as much of the skin as possible.

SUNSCREEN

- All children and staff will apply SPF30+ broad-spectrum water resistant sunscreen at least 20 minutes before going outdoors.
- Parents/carers will sign permission slips for teachers to supply sunscreen for their children unless they choose to provide their own sunscreen.
- Children will be supervised as they apply the sunscreen to their cheeks, noses and exposed skin on arms and legs.
- 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will be stored in a cool place, out of the sun and staff will monitor the expiry date of sunscreen and discard when out of date.

OUTSIDE ACTIVITIES & EXCURSIONS

- Children will be actively encouraged to use shade for outdoor play activity.
- Outdoor activities will be planned to occur in shaded areas.
- The kindergarten will provide and maintain adequate shade for outdoor play.
- Sun protection will be considered when excursions are planned, particularly time of day and availability of shade.

ROLE MODELLING

Staff, students, families and visitors will act as positive role models and demonstrate Sun Smart behaviour when attending the service by:

- Wearing a Sun Smart hat
- Applying SPF30+ broad-spectrum water resistant sunscreen
- Using and promoting shade
- Wearing Sun Smart clothing

For more information please contact: Cancer Council Helpline 131120 or www.sunsmart.org.au.