

# 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. However, too little UV can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. UV radiation can't be seen and unlike heat, we cannot feel it either. UV levels are not related to air temperature and high levels of UV radiation also occur on cool days. Therefore, weather should not be used to determine the need for sun protection.

Department for Education (DfE) guidelines require that Early Childhood settings follow the Cancer Council recommendations for sun protection. **see: *Cancer Council Helpline 131120* or [www.sunsmart.org.au](http://www.sunsmart.org.au).**

This policy is in place during terms 1, 3 and 4 (or 1 August to 30 April) and at other times when the UV level is 3 and above. Staff will monitor the UV Alert at [bom.gov.au/uv/index.shtml](http://bom.gov.au/uv/index.shtml) to find out daily local sun protection times to assist with the implementation of this policy.

On days forecast to be 37 degrees or above, in the afternoon, the formal kindergarten program will be replaced with the supervision of quiet activities. Parents have the option to collect their children from 12.30pm on these days.

### HATS AND CLOTHING

- When the UV is 3 or above the children will wear a wide brimmed (minimum 5cm), bucket or legionnaires style hat that protect the face, neck, ears and crown of the head whenever they are outside. *DfE guidelines require hats to have no chin straps, cords, drawstrings or toggles. Baseball caps are not acceptable.*
- We will provide hats, which are always accessible to children.
- When outdoors, all children will wear Sun Smart clothing that covers shoulders and protects as much of their skin as possible.
- Sunglasses may be worn by children if requested by families.

### SUNSCREEN

- Parents/carers will give signed permission for teachers to supply sunscreen for their children unless they choose to provide their own sunscreen, in which case a separate form is required.
- Parents are encouraged to put sunscreen on their child before kindy if the UV is 3 or above.
- When the UV is 3 or above all children and staff will apply SPF50+ broad-spectrum, water-resistant sunscreen in the middle of the day.
- Children will be supervised and supported to apply

sunscreen to their face, neck 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 and replace when due.

### OUTSIDE ACTIVITIES & EXCURSIONS

- The kindergarten will provide and maintain adequate shade areas for outdoor play.
- Children will be actively encouraged to seek shade during outdoor play.
- Outdoor activities will be planned to occur in shaded areas.
- Sun protection will be considered in planning excursions, particularly times of day and availability of shade.

### ROLE MODELLING

Staff, students, families and visitors are important, positive role models. Please demonstrate Sun Smart behaviour when attending kindergarten by:

- Wearing a Sun Smart hat
- Applying SPF50+ sunscreen
- Wearing Sun Smart clothing
- Seeking shade when outdoors