

## Skin Protection and Hot Weather Policy

### **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 in the first 10 years of life is a major factor in determining future skin cancer risk.

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.

### **Objectives:**

The aims of the Netherby Kindergarten Skin Protection and Hot Weather Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision making about skin protection and health during hot weather
- Awareness of minimising sun exposure when the UV radiation level is 3 and above

Staff are encouraged to access the SunSmart UV Alert at [www.cancersa.org.au/early-childhood](http://www.cancersa.org.au/early-childhood) or to check the Bureau of Meteorology website [www.bom.gov.au/sa/forecasts/adelaide](http://www.bom.gov.au/sa/forecasts/adelaide) to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from **1 September to 30 April** and whenever UV levels reach 3 and above at other times.

### **1. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management makes sure 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 inside.

### **2. Clothing**

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars 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.

### 3. Hats

- 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. Children who do not bring a hat can borrow a hat from the site hat basket. (This is kept in the sun to prevent head lice from living in the spare hats. The spare hats are washed regularly.)

### 5. Sunscreen

- Cancer Council Kids Sunscreen SPF 50+ UVA/UVB (fragrance and paraben free for delicate skin) is available for staff and children's use.
- Parents can supply a different SPF 30 sunscreen for their child.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors.
- Children are encouraged to apply their own sunscreen under the supervision of staff.

#### When enrolling their child, families are:

- informed of the service's SunSmart policy
- asked to provide a suitable hat for their child. These can be purchased from the kindergarten.
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. that cover the shoulders and chest, upper arms and legs). Poloshirts are available for purchase from the kindergarten.
- required to give permission for staff to apply sunscreen to their child
- encouraged to practise SunSmart behaviours themselves when at the service.

#### Staff WHS and Role modelling

As part of WHS UV risk controls and role-modelling, when the UV 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.

Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service.

#### Planned experiences

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

#### Hot Weather:

Children are susceptible to heat illness and measures can be followed to reduce the incidence of heat related illness. This Policy is in line with ACECQA regulations (NQS) and DFE Policy.

During hot weather the following strategies will be used:

- Children are to bring water bottles to kindergarten each day. Water will be available for children who do not have a water bottle. Staff will support children to refill empty water bottles. Staff will frequently remind children to drink water, and all children will drink water at lunch time.



- Parents are expected to provide children with adequately cool clothing that is layered and can be adjusted with temperature gains to minimise heat illness.
- Parents are expected to provide lunch that can be cooled by a freezer brick and the preschool will store food in a cool dry area. Children are able to store lunches containing meat, cheese or yogurt in the centre refrigerator.
- Outdoor play will only be permitted in shaded areas on hot days, and high levels of activity will be avoided.
- Staff members are to ensure their own health and safety during times of high temperature and safe practices are paramount.
- The service provides a safe and comfortable environment for all children at all times providing adequate heating in winter and cooling in summer.
- In the event of inadequate provision of cooling (breakdown of air-conditioning) when temperature is above 36 degrees, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.

**Review**

- Management and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years).

**Chairperson** .....

**Date** .....

**Director** .....

**Date** .....

**Date of next policy review:** .....



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