



Ardrossan and Districts Community Kindergarten Sun Aware and Hot Weather Policy

Ardrossan and Districts Community Kindergarten's SUN Aware and HOT WEATHER policy

This policy applies to all centre events on and off site.

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

This Sun Aware and Hot Weather Policy has been developed to:

- encourage the entire centre community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe centre environment that provides shade for children, staff and the school community at appropriate times
- ensure all children and staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun protection
- Encourage the drinking of water throughout the day and lunches to be packed in insulated containers with a freezer pack with lunches placed in fridge.
- ensure that families and new staff are informed of the school's Sun Aware policy.

Staff are encouraged to access the SunSmart UV Alert at www.cancersa.org.au/primary-schools to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from **1 August 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.
- The Governing council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas

where children congregate e.g. lunch, outdoor lesson areas and popular play areas.

- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the Governing council, shade provision is considered in plans for future buildings and grounds.
- 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.

2. Clothing

- Parents are encouraged to dress their children in clothing that minimizes heat gain, in layers that can easily be removed during activity and of a type that is sun safe with sleeves.
- Children under 12 months are encouraged to wear clothing to cover, hats and to play in shady areas only if outside.

3. Hats

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

4. Sunglasses [OPTIONAL]

- Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- The centre supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and children's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminders.)

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

Sun Aware and Hot Weather policy for Ardrossan and Districts Community Kindergarten

- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole centre community through newsletters, centre homepage, parent meetings, staff meetings, Children and teacher activities and on enrolment.

Review

- The Governing council and staff regularly monitor and review the effectiveness of the Sun Aware and Hot Weather Policy (at least once every 2 years) and revise the policy when required.

Date of Policy review 12/02/2022

Date of next policy review: 12/02/2025.

Director

Signature.....Date

Chairperson

Signature.....Date

Relevant resources – available from

www.cancersa.org.au/primary-schools

- **SunSmart UV Alert:** available as a free SunSmart app, online (www.cancersa.org.au/sunsmart-apps), in the weather section of the newspaper or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Creating effective shade:** online shade audit tool (www.sunsmart.com.au/shade-audit) allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade.
- **Create your own SunSmart poster:** online SunSmart poster templates (www.sunsmartposter.com.au) where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from.
- **Generation SunSmart:** fun and interactive online (www.generationsunsmart.com.au) sun protection modules for teachers, school nurses and year 6 - 9 students.
- **Guidelines for Hot weather policy [Preschools]**