

Ascot Park Kindergarten

630 Marion Road, Park Holme SA 5043

Phone: 8276 6810 Fax: 8277 8691

Email: dl.3606.leaders@schools.sa.edu.au

Skin Protection and Hot Weather Policy

Skin Protection:

Australia has one of the highest incidence of skin cancer in the world with two out of every three people diagnosed with skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Melanoma is the most common cancer in Australians aged 12-24, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of earth to the sun, time of day and time of year, but is unrelated to temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above – this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from the start of August to the end of April– It is during these months that sun protection is necessary.

In line with the Department for Education and SunSmart guidelines, this policy is in place **from 1 August until 30 April, and whenever UV levels are 3 and above at other times**. It is highly recommended that UV levels are monitored during May as they still may be 3 or above depending on your location. 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 July, at times when the UV radiation level is below 3, sun protection is not necessary. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

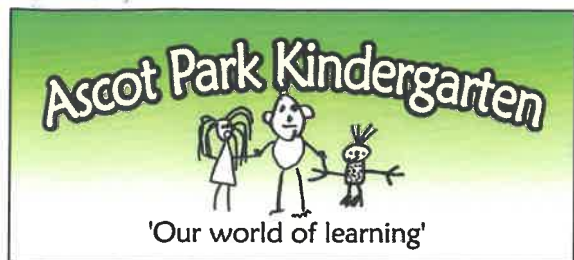
Hot Weather:

Children are susceptible to heat illness and measures are put in place to reduce the incidence of heat related illness.

The policy is in line with ACECQA regulations (NQS) and DfE policy.



Government of South Australia
Department for Education



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Aims

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

- Positive attitudes towards skin protection
- Lifestyle practices that can help to reduce the incidence of skin damage and skin cancer
- All children to wear appropriate clothing for outdoor activities
- Awareness of the need for environmental changes in our kindergarten to reduce the level of exposure to the sun
- Awareness of "safe" sun exposure for the production of vitamin D – particularly over the winter months – for healthy bone development in children.

Implementation

This policy is for implementation from 1 August to 30 April, and whenever UV levels are 3 and above at other times. Staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au/uv to assist with implementing this policy.

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful UV rays of the sun.

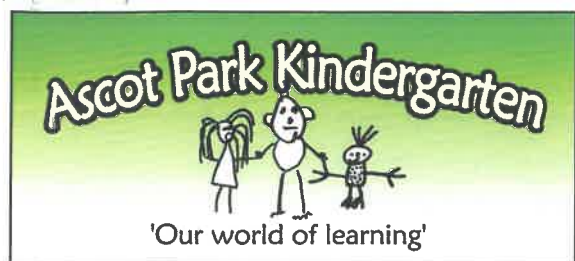
It is an expectation that all staff, students and parents of Ascot Park Kindergarten will use the following skin protection and hot weather strategies.

1. The children's lunch, rest time and indoor activities will be held during peak UV radiation times, to minimise exposure to UV radiation.
 - 1.1 Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken during the peak UV times of the day.
 - 1.2 Whenever possible, all outdoor activities will be scheduled outside of the peak UV times of the day OR in the shaded areas of the service.
 - 1.3 A combination of sun protection measures will be considered when planning outdoor activities such as excursions and water-based activities.

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

- 1.4 The play equipment area is to be a priority for shade structure planning.





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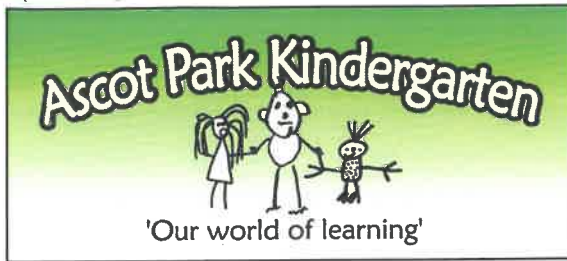
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2. Wear appropriate clothing which protects the skin and make appropriate decisions on days of hot weather.

Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5cm brim for children under 5 years of age and 6cms for older children and adults) whenever they are involved in outside activities. Baseball caps are not acceptable. Children not wearing an appropriate hat or clothing will be expected to play in the shade. Children are required to wear loose fitting clothing that covers as much skin as possible. Shirts with collars and at least elbow length sleeves and longer style shorts/skirts are best. Singlet or midriff style tops should not be worn, and children wearing singlet tops and dresses are required to wear a t-shirt or shirt over the top before going outdoors.

- 2.1 Parents are expected to provide children with adequately cool clothing that is layered and can be adjusted with temperature gains to minimise heat illness.
- 2.2 Children are to be offered water or fluids frequently and they have access at all times to clean cool water to refill personal drink bottles.
- 2.3 Parents are expected to provide lunch that can be cooled by a freezer brick and the site will store it in a cool dry area. Parents are also expected to make appropriate decisions about foods sent to kindergarten for lunch and snacks in hot weather.
- 2.4 As part of WHS UV risk controls and role modelling staff are required to wear sun protective clothing, hats, sunglasses, sunscreen, and where possible seek shade when outdoors when the UV is 3 and above.
- 2.5 The kindergarten provides a safe and comfortable environment for all children at all times that ensures adequate heating and cooling is provided for children.
3. Apply a broad-spectrum, water resistant sunscreen with a SPF of 30 or higher to clean, dry skin, 20 minutes before going outdoors for lunch or activities. Sunscreen will be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.
 - 3.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
 - 3.2 Parents are encouraged to supply sunscreen for their children if their child is sensitive to bulk sunscreen offered through the centre.
 - 3.3 Sunscreen will be applied by parents/carers before the children arrive at kindergarten so as children can participate in morning outdoor learning activities and reapplied two hourly (20 minutes before going outdoors) when the UV is 3 and above.





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4. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection, and also health during hot weather.
- 4.1 Staff believe it is important to promote among the children, parents and staff a personal responsibility for and decision making about skin protection, and also health during hot weather.
- 4.2 Staff will be encouraged to role model appropriate SunSmart strategies.
- 4.3 Age appropriate skin cancer prevention will be included in teaching activities.
- 4.4 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
- 4.5 Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the centre.
- 4.6 Information about the centre's Skin Protection Policy will be given to all new staff, students and families.
5. Ascot Park Kindergarten Skin Protection Policy' will be evaluated on a two yearly basis.
- 5.1 Policy issues will be discussed at staff and parent meetings.

For more information please don't hesitate to contact:

Cancer Council Information and Support ph: 13 11 20.

SunSmart Schools and Early Childhood Program www.sunsmart.org.au

Policy Endorsed: March 2019

March 2022

Date for review: ~~March 2025~~

March 2025

SIGNED.

Director: *SV Sorrell* *Sally Sorrell* *25.2.22*

Chairperson: _____

Staff: *Zara* *Zara Loguzzo* *25.2.22*



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Department for Education