



SunSmart & Hot Weather Policy

To prevent injury arising from UV radiation and heat, the following practices are to be followed for all children and staff whilst at the kindergarten:

Rationale

A balance of ultraviolet radiation (UVR) 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 ten years of life is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

Procedures

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (1st August – 30th April) and whenever UV radiation levels reach 3 and above at other times. The staff are encouraged to access the Sunsmart UV alert at www.bom.gov.au/sa/uv or the Sunsmart app to find out daily local sun protection times to assist with the implementation of this policy. This will be displayed by the sign on/attendance sheets.

Hats

During Terms 1, 3 (from August) and 4 all staff and children are to wear broad brimmed, bucket or legionnaire hats when outside. If there is an all-day outdoor activity in May, staff will monitor the UVR and implement hats if the UVR is 3 and above. Parents are advised to remove any chin straps of hats as they pose a safety risk.

Sunscreen

SPF 30 or SPF 50, broad spectrum, water resistant sunscreen for staff and children is kept on the kitchen shelf next to the detergents cupboard **and** on top of the lockers (for parents to apply). When the UVR is 3 and above in terms 1, 3 and 4, children are actively encouraged to apply sunscreen under supervision 20 minutes before going outdoors and reapply every 2 hours when outdoors.

Children with sensitive skin are encouraged to bring their own labelled sunscreen to keep at the centre.

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

The UV index will be updated **daily** and displayed by the sign on sheets.

Sun protective clothing

Parents are encouraged to send children dressed in loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended.

Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress, we encourage them to wear a t-shirt/shirt over the top before going outdoors.

Shade

The availability of shade is considered when planning outdoor activities and events.

Where possible, activities are set up under the eastern verandah and lawn area or under the awnings (if wind is low). The awnings will be extended to provide more shade if the wind is not strong or gusting. The switches for these automatic awnings are located next to the piano. If the awnings need to be retracted due to wind, then the outside teacher will discuss with the other staff whether it is necessary to move the outside equipment to follow the shade.

NB. STAFF ARE TO MONITOR THE WIND AND AUTOMATIC AWNINGS FOR VIGOROUS MOVEMENT WHEN THEY HAVE BEEN EXTENDED. IF THERE IS A CONCERN PLEASE BRING IN THE AWNINGS.

Extreme Hot Weather Measures

If the Bureau of Meteorology forecast the maximum daytime temperature to be 36 degrees or greater or extreme humidity, the preschool curriculum may be modified. Modifications may include:

- Limiting outside play to shaded areas or on the lawn or the eastern verandah for quiet activities
- Indoor activities only
- Eating inside
- No play on the climbing, slippery dip, swings, boat or northern verandah
- Constant encouragement and reminding for all staff and children to drink water more frequently
- Children may be collected early by parents/caregivers especially if children are tired.

On other days, activities are scheduled outside of the peak UVR times of the day to avoid the times of the day where the UVR is at its highest, or are set up under shaded areas where possible. ONLY use the eastern verandah & lawn area for water activities.

Cooling and Heating

All air conditioners need to be used on very hot days. Fans usually suffice on cooler days. If a power failure occurs, children will need to be sent home.

Hydration

All staff members are to remember to drink water frequently and remind all children to do so throughout the day, particularly at fruit and lunch times. Drink bottles will be checked and refilled if empty or cups of water provided if a child has forgotten their drink bottle.

Education

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 centre's website. A child friendly educational visit from Sunny Sunsafe is programmed for term one to help inform the children about sun protection.

Upon enrolment, families are informed and provided with a copy of the centre's sun protection policy (SunSmart & Hot Weather policy) included in the centre's information booklet. Email reminders are also sent as an attachment in readiness for term 4. A copy is also provided in our Policies and Procedures folder.

Work Health and Safety

As part of WH&S, when the UV radiation is 3 and above, staff wear sun protective hats, clothing and sunglasses when outside. Apply SPF 30 or higher broad spectrum water resistant sunscreen and seek shade whenever possible.

Parents and visitors are also encouraged to role model sun safety when involved in outdoor activities at the Kindergarten.

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