

Sun Safety at Kindergarten

Sun Protection: Hot Weather Policy

SUN POLICY – ‘NO HAT, INSIDE PLAY ONLY – TERMS 1 AND 4

We need to protect children's skin from UV radiation. Skin cancer rates are increasing, currently in Australia 400 000 people are diagnosed with skin cancers due to over exposure to UV radiation. UV radiation can be high even on cool or overcast days. A UV radiation level of 3 is high enough to cause skin damage. We need to take action when the UV radiation level is 3 or higher. We monitor ratings via the Bureau of Meteorology: <http://www.bom.gov.au/sa/uv/>

Children's skin is more sensitive to sunlight exposure than an adult's skin. It can take less than 10 minutes for a child's skin to burn. They should never be left in the sun on high UV rating days without sun protection. Children are not required to wear hats in Terms 2 and 3 as the UV rating generally does not reach 3 and encourages Vitamin D uptake.

The best way to protect children's skin from sun exposure is to **Slip, Slop, Slap, Seek and Slide**.

- **Slip** on a t-shirt
- **Slap** on a hat
- **Slop** on some sun cream
- **Seek** shade

At Christie Downs Kindergarten we:

- Provide families with sun safe information.
- Provide SPF 30+ sun cream for children and staff; **Families can supply their own if required-please name containers and hand over to staff for safety reasons.**
- Reapply sun cream to all children prior to having lunch
- Include sun safety in the curriculum and children's learning
- Ensure all children playing outside are wearing appropriate hats and clothing, including shoulder coverings.
- Provide shade for children to play outside
- Activities will be provided within the shaded areas
- Where possible activities will be conducted inside at times of peak UV radiation or held undercover/shade
- Act as positive role models, staff will wear appropriate sun protection whilst outside including hats, clothing and sun cream

Hats must be broad brimmed, legionnaire style or large bucket hats that cover the face, head, ears and back of neck. Children will be required to play inside or under the veranda if their hats do not meet guidelines. **Parents can provide their child with appropriate head wear, named, each day during Terms 1 and 4. Alternatively, hats may be utilized from the kindergarten.**

Clothing must cover children's shoulders and backs. Singlet's, spaghetti strapped tops or dresses, tank tops and backless dresses are not appropriate clothing for effective sun protection. Parents are asked not to send their child dressed in these types of clothing. Staff will loan children suitable tops or pants.

Sun Cream will be provided at Kindergarten and will be reapplied to children prior to lunch and whenever needed / required at other times of the day. If your child is sensitive to sun cream you will need to provide the Kindergarten with their own, clearly labeled and named, sun cream. Any sun cream provided must be SPF 30+.

Hot Weather—Children are sensitive to hot temperatures and can become ill when overheated. Children absorb heat much more quickly and have greater difficulty getting rid of heat than adults therefore we need to ensure all children are provided with a comfortable environment to prevent heat illnesses such as dehydration, heat exhaustion and heat stroke.

At Christie Downs Kindergarten we:

- Provide experiences inside or under shade on days of high temperature
- Have purpose built outdoor play spaces with grass, sand, natural and constructed shade to provide cool areas for children to play
- Provide drinking water which is easily accessible to children throughout the day
- Recommend parents provide ice bricks in children's lunch boxes
- Ensure children are dressed appropriately for the temperature
- Provide air conditioning and ceiling fans for children, family and staff comfort
- Provide water play for children on hot days
- Recognise that it is not only the heat but humidity that can cause heat distress
- Minimise excessive exercise such as running during times of high temperature Provide rest periods for children and staff Plan excursions and outings during the cooler months or postpone/ cancel events if temperature is too high
- Plan outside play in the cooler parts of the day

As Christie Downs Kindergarten is air conditioned we do not have an early dismissal time on days of high temperatures. In cases of black-outs or breakdown of air conditioning strategies such as cold flannels, blinds, fans (paper or cane) and water play will be used to help cool children. Parents may choose to keep their child home on extreme weather days, for instance when temperatures are over 36 degrees. If an excursion is planned and temperatures are to be in the extreme, staff will review the decision and notify parents via telephone if the excursion/event is to be postponed/ cancelled.

In cases of unforeseeable circumstances and air conditioning cannot be restored in a timely manner coupled with temperatures over 36 degrees the Kindergarten may close early to prevent child heat illnesses. Parents will be notified of this by telephone.

Sources:

Smart Play www.smartplay.com.au/ImageLibraryAssets/Resources/National/policy-guidelines-2008-hot-weather-guidelines-nat.pdf DECD
 Department for Education and Child Development www.decd.sa.gov.au/docs/documents/1/HeatStressProcedure.pdf
 Sports Medicine Australia sma.org.au/wp-content/uploads/2011/03/beat-the-heat-2011.pdf
 Child and Youth Health – Babies in Hot Weather www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1605
 Cancer Council SA www.cancersa.org.au

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