

Craigmore Kindergarten's UV Radiation, Sun Protection & Heat Stress Policy



Link to National Quality Standards

2.3 Each child is protected.

2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

Rationale

Craigmore Kindergarten is committed to providing and maintaining a safe and healthy work environment for its staff, children and visitors

This policy aims to ensure that all children and Educators attending the Site are protected (as much as practicable) from skin damage and heat stress caused by the sun and its radiation. As part of this policy, staff, visitors and children will practice a combination of sun protection measures from 1 September-30 April and any other time UV is 3 and above. When UV levels reach 3, it is strong enough to damage unprotected skin. When UV radiation levels are below 3, sun protection will not be encouraged, allowing Educators and children the opportunity for safe UV exposure to assist with vitamin D production.

The Educators and Governing Council of the Kindy with the help of The Cancer Council South Australia "Sun Smart Advice for Early Childhood Centres" booklet and Department for Education and Child Development policies have formulated this policy.

Director Responsibilities

The director will ensure that:

- The Governing Council will endeavour to maintain the number of shelters and trees providing shade, ensuring they provide adequate shade and are in good repair.
- The Governing Council will make sure Centre air conditioning and fans are maintained.

Educator Responsibilities

Each employee is legally responsible for their own health and safety and must avoid adversely affecting the health and safety of any other person.

Educators will be positive role models who practice skin protection behaviour. This means that educators will:

- Where practical, set up planned outdoor activities in shaded areas or inside. Peak UV times and shade availability will be considered when planning outdoor activities/excursions.
- Educators will supply and assist children to apply SPF 30 or higher, broad spectrum, water resistant sunscreen before going outdoors. Sunscreen should to be applied 20 minutes before sun exposure and reapplied every 2 hours when outdoors.
- Children who do not have their hats with them when the UV level is over 3 will play under veranda area protected from the sun. ***“No hat today, no outside play”*** policy. This policy is in effect all year.
- Educators will incorporate sun and skin awareness activities into teaching programs.
- Educators will promote sun smart behaviour and model appropriate practice.
- Be expected to use and direct children to shaded areas in all possible instances.
- Provide drinking water and encourage all children to keep up fluid levels, including making sure they maintain their own fluid intake.
- Educators will be given the opportunity to have a break from outside duties on hot days to relieve heat stress. The onus is on the Educator to request a break.
- To assist in preventing heat stress, children will have access to shaded and indoor play areas when temperatures reach over 35 degrees.

Parent’s Responsibilities

On enrolment of their child, parents will be asked to meet the following requirements:

- Become familiar with this policy
- Provide a hat that has the child’s name cleared labelled on it for their child’s use at kindergarten – **(broad brimmed, bucket style with a 5 cm+ brim or legionnaire style hats)** N.B. These are the only acceptable hats all year round. Caps are not suitable protection and do not substitute for a hat and are not allowed to be worn. Beanies and hoods are not acceptable either as they don’t provide proper protection.
- Use of SPF 30 or higher, broad spectrum, water resistant sunscreen on their child at the beginning of each session and be aware of what the sunscreen is made of so as to keep to the Allergy Aware policy at kindy. (please check to make sure the sunscreen has not been made with nut oils, e.g. “Hamilton Sunscreen” brand has no nut oils/traces in it).
- Think about clothing suitable for greater sun protection for their child - shirts/tops with collars and elbow length or long sleeves are recommended for best protection as are longer style shorts/dresses. To wear a sun safe hat outside if helping at the centre/on excursions.

- To role-model by wearing a sun safe hat and clothing including shirts with sleeves when helping at the centre and on excursions.

The centre will not supply hats for borrowing, however a small number of emergency hats will be available at parent request & are to be returned at the end of the session.

This policy will operate throughout the year to reinforce the sun protection behaviour, and to acknowledge that damaging UV rays are present all year round.

Review and Evaluation

Evaluation of the effectiveness of this policy and associated procedures will occur through analysis of accident and incident reports, staff meetings, during annual hazard checks and annual review of the policy.