

Skin Protection (SunSmart) & Hot Weather Policy

The sun emits different types of radiation – visible light that we see, infrared radiation (heat) that we feel and ultraviolet (UV) radiation that we cannot see or feel or see. It is overexposure of the UV radiation that damages skin. Temperature does not affect UV radiation levels, so even on cool, cloudy days UV radiation levels can be damaging. Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years.

Australia has some of the highest UV levels in the world but most skin cancers can be prevented by protecting the skin from overexposure to the sun, using SunSmart behaviour.

A balance of UV is required to achieve enough sun exposure to maintain adequate vitamin D level's while minimising the risk of skin cancer.

Key Points about skin protection

- Hats (broad-brim or legionnaires) are to be worn from 1st August to 30th April and any other time of the year when the UV radiation level is 3 and above. We are following the recommendations from Cancer Council SA.
- SPF30 or higher broad spectrum, water resistant sunscreen is worn when the UV level is forecast 3 and over. Sunscreen will be available for children to easily access throughout the day, so it can be reapplied when needed.
- Parents to apply sunscreen in the morning.
- Educators will assist children to reapply sunscreen during the lunch routine.
- Water bottle brought to kindy every day to assist in dehydration prevention
- Wear sun-protective clothing which covers as much skin as possible to prevent skin damage.

Purpose

To ensure that all children attending our centre are protected from overexposure to ultraviolet (UV) radiation from the sun, develop lifelong habits of skin protection and assist each child in lifelong health education to positively influence long-term behaviour to reduce the risk of skin cancer.

This policy has been formulated by the staff and Governing Council of Golden Grove Kindergarten with the help of Cancer Council SA's SunSmart Policy Guidelines for Early Childhood Centres.

Children will:

- wear hats (legionnaire or broad-brimmed) without cords, when playing in the outdoor area, during the period **between 1st August – 30th April** and at any other time of the year when the UV radiation level is 3 and above. "NO HAT - NO OUTSIDE PLAY" policy.
- when UV level is 3 and above, apply SPF30 or higher broad spectrum, water resistant sunscreen prior to going outdoors and reapply throughout the day, or more often if during water activities.

- apply sunscreen (as part of the lunch time routine) when UV level is 3 and above, prior to going outdoors

Parents will:

- provide a hat (legionnaire or broad-brimmed) for their child to wear all year round especially during the period between **1st August to 30th April** and at any other time of the year when the UV level is 3 and above.
- apply liberal amounts of SPF30 or higher broad spectrum, water resistant sunscreen prior to attending kindergarten (when the UV rating is forecast to be 3 and above), knowing the sunscreen lasts 2 hours, and after which maximum protection is not guaranteed.
- dress their child in skin-protective clothing (i.e. not spaghetti straps, tank tops or high amounts of exposed skin).
- be positive role models who practise skin protection behaviours, by wearing hats, sunscreen and appropriate clothing for all outdoor activities and seeking shade whenever possible when the UV level is 3 and above.

Educators will:

- display UV rating charts to provide families with information when sunscreen is required.
 - encourage children to avoid being in direct sun between the hours of 10 am and 2 pm (11 am and 3 pm daylight saving time) when the UV levels are peaking.
 - seek out and use available areas of shade for outdoor activities as much as possible when the UV is forecast 3 and above.
 - provide under the verandah, dense shade, or indoor activities when the UV levels are high. Ensure outdoor activities will be held in shady areas.
 - be positive role models who practise skin protection behaviours by wearing hats and skin-protective clothing e.g. clothes that cover shoulders with sleeves and preferably collars and no thin straps, singlet tops and no midriff exposed, apply sunscreen and seek shade wherever possible.
 - incorporate sun awareness, vitamin D and skin protection activities into teaching programs (i.e. skin- protective clothing, UV radiation levels, sunscreen and shade use).
 - encourage the removal of hats and no sun protection when the UV level is below 3, so as to take advantage of sunlight (especially over the middle of the day) to support and maintain adequate vitamin D levels.
 - provide families with timely information about the Skin Protection Policy in newsletters and policy notes (hats; cover up clothing; sunscreen) and work to increase awareness with families on SunSmart behaviour.
 - implement daily routines and strategies and provide access to ensure that sunscreen is reapplied at the lunch break for children. We will ask children prior to going outdoors in the morning if they have already put sunscreen on and ensure those that haven't put sunscreen on prior to going outdoors. Encourage children to reapply sunscreen after they have played in water when the UV is 3 and above
 - provide children with a "spare shirt" if they are not dressed in cover up clothing, on days there is a UV rating of 3 and above.
 - provide children with a "spare hat" (if possible) if they are not provided with a hat from home, during our hat wearing period (e.g. whenever the UV is 3 and above).
 - send home a note reminding parents to supply an appropriate hat. Follow up if child continually comes without a hat.
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- encourage children to drink plenty of water, especially during hot weather to prevent dehydration. Provide a note to parents saying that their child's drink bottle has been refilled throughout the day.

Governing Council will:

- maintain existing shade structures, making sure they are sufficient or work towards increasing the number of trees or shade structures so as to provide adequate sun protected areas, as outlined and encouraged by the Department of Education and Child Development.
- Encourage visitors and parents to role model SunSmart behaviours.

Support the regular review of this policy (at least every 3 years by Cancer Council SA) to ensure the policy remains current and relevant

Hot weather policy:

- When the forecast temperature is 37°C and over at Elizabeth, we will stay inside, under the veranda or the sandpit area only after lunch. On these days, educators will place a sign on the fence to advise families on days of extreme heat, that we will be enacting our Hot Weather Policy.
 - seek out and use available areas of shade for outdoor activities as much as possible during hot weather to protect against the heat of the sun.
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