



Sun Protection Policy skin Protection and Inclement Weather policies

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. It is important to balance sun protection with safe sun exposure to produce vitamin D and bone growth and development.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above. For much of South Australia, UV radiation levels are 3 and above every day in Terms 1,3 & 4. It is during these terms that sun protection is necessary.

During Term 2, at times when the UV radiation level is below 3, sun protection for most people is not necessary. Between these months the UV level will be monitored daily.

Aims

The aim of this policy is to promote:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the risk of heat illness and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

Implementation

It is an expectation that all staff, students and parents will use the following strategies:

Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10:00 am and 3:00 pm when UV radiation levels are highest.

- Outdoor play will be permitted all day on days that are forecast to be 34°C or below.
- On days where the temperature is forecast 35°C or over, outdoor play will initially be permitted until 11:30am. A thermometer under the verandah will be checked at 1:00pm, and if it reads 35°C or over, outdoor play in direct sunlight will not be permitted for the afternoon. Play will take place in shaded areas.
- Due to surrounding gumtrees, extra caution will be taken on days of extreme winds. Outdoor play will not be permitted on days when the wind is deemed unsafe. The verandah area and lunchroom may still be accessible to children and staff.

To keep cool and be protected from extreme UV in hot weather children will be encouraged to use the shade of trees, pergolas and umbrellas whenever outdoors.



- Families are required to supply children with a drink bottle containing water. Drink bottles are always to be accessible to children.
- During summer months drink bottles will be kept on a table inside.
- Children are to be frequently offered water or fluids and will be given a cup of filtered water if they forget their drink bottle.
- Parents will be encouraged to pack food in insulated containers with a freezer brick or frozen water. Sites are to provide a cool place to store food.

Wear appropriate clothing which protects the skin and minimises heat gain.

- Children, staff, parents, visitors and volunteers 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 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities.
- Anyone not wearing an appropriate hat will be expected to play under the veranda or inside shade. 'Beanies' may be worn when the UV level is below 3.
- Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts. Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is sun safe.

Apply a broad-spectrum, water resistant sunscreen with an SPF of 50+ to clean, dry skin, at least 20 minutes before going outdoors. Sunscreen should be reapplied every two hours if outdoors for prolonged periods of time or more frequently if involved in water activities or perspiring.

- Sunscreen should be applied before arrival at kindy and staff will reapply as per manufacturer's specifications on the kindy supply, at the discretion of the staff, in regard to the UV level.
- Adequate time (at least 20 minutes) must be allowed for correct application of sunscreen on children before they go outdoors.
- Staff will provide Hamilton's Sensitive Skin Sunscreen. However, if parents prefer their child to use a different sunscreen, they will need to provide it. This will be named and kept on site.

Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

- Staff will role model appropriate Sun Smart strategies.
- Sun Smart strategies will be incorporated into the curriculum.
- Staff will keep up to date with new information and resources from Cancer Council SA.
- Information about the centre's Sun Smart Policy will be provided to all new staff and families.



Inclement weather

Inclement weather can affect everyday activities and comes in many forms. Inclement weather includes:

- extreme high temperatures
- high UV levels
- heavy rain, hail and snow
- strong winds
- severe dust storm
- lightning or thunderstorm
- flooding

When planning outdoor activities, the Director will ensure potential inclement weather hazards have been considered and daily weather forecasts will be monitored to identify potential weather risks.

The Happy Valley Kindergarten's "Sun Smart Policy" will be evaluated on a two-yearly basis. Policy issues will be discussed at staff and parent meetings.

For more information contact: **Cancer Council Helpline 13 11 20** or www.sunsmart.org.au

PLEASE RETURN THIS SECTION TO KINDY

- I _____ acknowledge that there is a Sun Protection Policy and that between August 1 until April 30 my child must wear a hat when playing outside.
- I agree to apply sunscreen to my child before bringing them to kindergarten everyday during this period.
- I do / do not give permission for staff to assist in reapplying Hamilton Sensitive Sunscreen (supplied by the kindergarten) during this period.

Parent signature _____ Date _____

- **COMPLETE ONLY if your child has an allergy/intolerance to Hamilton Sensitive Sunscreen.**

I will be providing my child with their own sunscreen _____ (Brand name of sunscreen). I understand it will stay at Kindy and I will need to replace it when I am notified by staff.