



Leigh Creek Kindergarten

Sun Protection and Hot Weather Policy

A balance of ultraviolet (UV) radiation 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 for general health.

Sun Protection Procedures:

- All children must wear their hat when outdoors for the entirety of the year. If they do not have a hat to wear their play will be restricted to indoor and veranda play only
- Acceptable hats for outdoor play are broad brimmed or legionnaires style, which protect the face, back of neck and ears
- SPF 30 or higher broad spectrum, water resistant sunscreen will be applied 20 minutes before going outside. Sunscreen will be available for all children to apply to exposed skin areas
- Locate outdoor activities in shaded areas
- Staff and children are encouraged to come dressed in clothing that covers as much skin as possible. Tops with higher necklines and collars, and longer style shorts, dresses and skirts are best
- Encourage parents and visitors to role model sun protection behaviours
- Incorporate sun and skin awareness information into out teaching program

On extremely hot days the following procedures will apply:

- Locate outdoor activities in shaded areas
- Encourage children to play in shaded areas
- Limit outdoor activities to morning (up until 10am)
- Encourage children to drink water

Endorsed by Leigh Creek Kindergarten Governing Council, March 2018

Signed (Chairperson) Date

To be reviewed March 2019