



MICHELLE DeGARIS MEMORIAL KINDERGARTEN

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UV RADIATION, HEAT STRESS AND HOT WEATHER PROCEDURE

Michelle DeGaris Memorial Kindergarten is committed to providing and maintaining a safe and healthy environment for its staff, children and visitors.

This procedure aims to ensure that all children and staff attending the centre are protected (as much as practicable) from skin damage and heat stress caused by the sun's radiation, humidity and heat. It has been formulated with the help of the Cancer Council South Australia information and DECD policies and guidelines. This policy will operate for 12 months of the year. While it acknowledges that exposure to UVR rays in safe levels (below level3) is beneficial for all (particularly in the winter months), as children generally only attend preschool for 15 hours a week, the preschool will focus on establishing a consistent routine to UVR protection, with the premise that children will obtain their required daily UV exposure at supervised times at home.

CENTRE RESPONSIBILITIES

- The governing council will endeavour to increase and maintain the number of shelters and trees providing shade.
- The governing council will ensure centre air conditioning and fans are maintained.
- Staff and children will be given breaks from outside on hot/humid days.
- The centre will incorporate sun and skin awareness activities into curriculum (particularly August – April each year).
- The preschool will provide and apply sunscreen (30+ broad spectrums, water resistant) to those children who stay at preschool for a full day.
- The preschool will provide plentiful cool drinking water accessible to children at all times.
- The preschool will provide suitable refrigeration for the storage of lunches (following food safety guidelines – see further detail in centre Right Bite Strategy).
- Preschool will ensure Sun Smart behaviour is promoted in our community.

STAFF / VOLUNTEERS RESPONSIBILITIES

Staff will be positive role models who practice skin protection behaviour. This means that staff will:

- Be required to wear sun screen, hats and appropriate clothing for outdoor activities.
- Be expected to use and direct children to shaded areas in all possible instances and especially on days/peak times of high UVR.
- When possible inside play (in air conditioning) will be encouraged during hot or humid weather (over 38C or high humidity). High numbers of children may require limited play in the shade to continue.
- Educate and encourage children to apply sunscreen provided during lunch period in readiness for outdoor play.



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- Wear appropriate (legionnaire, bucket or brimmed) hats when outside (6cm brim or wider).
- Be expected to role model appropriate Sun Smart strategies all centre activities.
- Include skin cancer prevention in appropriate teaching activities.
- On hot and humid days, where possible, many activities will include water for its cooling effect – within the State's Water Restriction Guidelines at the time.
- Encourage all children to have regular drinks of water throughout the day.
- Be encouraged to keep up to date with new information and resources.

Note: On days where the forecast temperature exceeds 34C, staff will conduct a touch test on outdoor surfaces to ensure metal surfaces are safe for children to use. (If an adult can hold their hand on a surface for a slow count of ten, the surface is safe to use.) In the event of air-conditioning malfunction on a day where temperatures exceed 35C families will be informed and provided with the option of picking their children up early.

PARENT'S RESPONSIBILITIES

On enrolment of their child, parents will be given a copy of this procedure and asked to meet the following requirements:

- Provide a named **broad brimmed, legionnaire or bucket style hat** (bucket style hats need to have a deep crown and a minimum brim of 5cm) for their child's use at kindergarten – to be taken home and brought back daily for the 12 months of the year. Hoods and "beanies" are not considered appropriate for UVR protection.
- Use SPF 30+ broad spectrum sun screen on their child at the beginning of each session.
- Encourage child to **wear clothing suitable for greater sun protection** - such as T-shirts with collars, elbow length sleeves and longer style shorts or skirts. No singlet, shoe string or midriff tops are allowed.
- Pack an ice brick with their child's lunch.

CONSEQUENCES

- Children who do not have their hats with them will be asked to move indoors or play under the veranda.
- Children, who are not wearing appropriate UVR protective clothing, will be asked to play in shaded areas.

Note: On occasion and when available an alternate Sun Smart clothing option will be offered. Spare hats are generally not available due to the risk of head lice. Choosing to use a "spare hat" from the Lost Property Basket will present this risk.