



## Sun Protection/Hot Weather Policy

NQS: QA 2 - CHILDREN'S HEALTH AND SAFETY Regulation 168

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing late in life (Cancer Council SA).

**The aims of the Mitchell Park Kindergarten Sun Protection Policy are to promote among children, staff and parents/caregivers:**

- Positive attitudes to skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer.
- Personal responsibility for, and decision making about, skin protection.

### **Implementation:**

- The purpose of the policy is to ensure that all members of our kindergarten are protected from skin damage caused by the harmful rays of the sun.
- This policy is implemented at all times throughout the year and applies to children, staff, parents, caregivers, volunteers and visitors.

### **Sun protection/hot weather strategies:**

#### Hats:

- Families/caregivers will need to supply a broad brimmed or legionnaire style hat for children to wear when involved in outside activities in terms 1 and 4 and at other times when the UV is 3 or above.
- Educators, volunteers and visitors will also wear hats when outside during this time.  
*If a child has no hat, they will be offered a spare hat, or encouraged to play inside or on the verandah.*

#### Clothing:

- Children will be expected to wear clothing that protects their back, neck and shoulders throughout the year.

#### Sunscreen:

- Parents/caregivers are encouraged to apply sunscreen to their child prior to coming to kindergarten or on arrival.
- SPF30+ is provided by the kindergarten. Parents/caregivers will need to provide sunscreen if their child has any allergies.
- Sunscreen should be reapplied every 2 hours when outdoors or more frequently if involved in water activities or perspiring.
- Sunscreen will be reapplied at lunchtimes at least 20 minutes before outside play.
- Educators will support children to apply sunscreen to themselves under supervision.

#### Shade:

- Outdoor activities are placed in the shade wherever possible, and children will be encouraged to seek shade during play and leisure activities.

#### Drinks:

- Parents/caregivers are asked to provide their child with a water bottle each day.
- Children are encouraged to drink water throughout the day.
- Drinking water is accessible to children at all times.

#### Lunch:

- Children's lunches are kept inside.
- Parents/caregivers are encouraged to pack food in insulated containers with cold pack where possible.

### **Infants (Occasional Care):**

- Infants (under the age of 12 months) should be kept out of direct sunlight as much as possible where the UV is 3 and above. Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months or older.

### Curriculum

- The Cancer Council Sun Smart message will be included in the kindergarten program and activities as appropriate.

### **Educators will:**

- Check the UV radiation levels each morning via the Sun Smart app [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au/uv](http://www.bom.gov.au/uv) to assist with implementing this policy.
- Take care to protect children's skin and their own skin when the UV level is 3 and above.
- Teach children how to apply their own sunscreen, providing adequate supervision and time before they go outdoors.
- Ensure that children eat lunch inside or in a shaded area.
- Ensure that this policy is reviewed regularly (every 2 years).
- Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.
- Ensure that families are provided with the Sun Protection/Hot Weather Policy when enrolling their child.

### **References:**

- Cancer Council SA  
<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools>

*Reviewed Term 3, 2022*

*Endorsed by Governing Council Term 3, 2022, Chairperson Signature\_\_\_\_\_ To be reviewed Term 3, 2025*