



Government  
of South Australia

Department for Education  
and Child Development



# Morphett Vale East Kindergarten

## Sunsmart and Hot Weather Policy

### Rationale

To avoid future health problems for staff and children.

'Skin cancer rates are higher in Australia than anywhere else in the world. It is the **third** most common form of cancer in Australia affecting all age groups with skin cancers accounting for about 80% of all cancers diagnosed each year in Australia.'

*From The Cancer Council S.A. 2015*

### Policy statement

Staff ensure that there are appropriate steps taken to safeguard users of the centre against skin and eye damage as a result of overexposure to harmful ultraviolet (UV) radiation.

This Policy will be reflected in the planning of all outdoor activities and events. A combination of the five sun protection measures are required/ recommended when UV levels reach 3 and above. When the UV is below 3, children and staff are encouraged not to use sun protection for vitamin D. Staff and children are encouraged to check daily SunSmart UV alert to assist with the implementation of this policy via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv).

### Responsibilities

- **Parents must provide their child with a broad brimmed, bucket or legionnaire hat all year round and apply SPF 30 or higher broad spectrum, water resistant sunscreen on their child prior to attending our centre when the UV level is above 3.**
- Restrictions to outside play and the timetable changed to accommodate peak UV conditions ie. Outside play activities will be rescheduled to avoid the peak UV danger times of the day, between 1<sup>st</sup> Sept until 30<sup>th</sup> April.
- In extreme UV and heat conditions staff need to manage outside supervision to minimise their risks as well as the children's (ie. Have half a session outside rather than a whole one or do not go outside). It should be noted that 'UV levels are not related to temperature, so there can be very high levels of UV on cooler days.' *From the Cancer Council SA*
- The centre will consider the availability of shade when planning outdoor activities and events. Activities will be set up in shaded areas where possible and children and staff are encouraged to play in the shade.

- Everyone asked to wear 30 or higher broad spectrum, water resistant sunscreen when the UV is 3 and above. Notices in the newsletter to ask that sunscreen be applied on children prior to arrival.
- Children accessing full days need to reapply sunscreen prior to going outside in the afternoon. Re-application of sunscreen will occur at lunchtime, 20 minutes prior to going outside. Parents need to sign a form upon enrolment giving permission for this to occur. This ensures children with allergies are provided for. If parents choose to provide their own sunscreen for their child it must be clearly named and kept on top of the fridge in the kitchen not in children's bags.
- Children and staff are encouraged to come wearing clothing that protects the skin including tops with collars and elbow length sleeves and longer style shorts, skirts, dresses and trousers.
- Good behaviours concerning appropriate choices for high heat and UV conditions are modelled by staff and taught explicitly in the curriculum .i.e. drinking plenty of water, restricting vigorous activity, playing in shady areas, wearing clothing that provides adequate skin protection (eg no midriff or singlet tops) and discussions, songs and stories that reinforce sun safety behaviours.
- Everyone using the centre (including parents, volunteers, playgroup families) asked to wear either legionnaire or broad-brimmed hats when outside (hoods are not appropriate). The cancer council's recommendations now have 'healthy sun exposure' and we require some exposure to the sun. When the UV is 3 or above, hats must be worn. Part of the daily routine with the children and staff is to look up the UV level for that day.
- The centre policy will be reinforced through centre activities, newsletters and displays. Information about the policy is available on the centre website and is given to all new staff and families.

This policy was endorsed by the Governing Council on.....

Date : .....21/3/2014

Chairperson : .....Nicole Williams

Director : .....Kerri Willmott

Policy was reviewed 19 / 6 / 15

Chairperson : .....Renee Henley

Director : .....Kerri Willmott

Policy was reviewed 18 / 5 / 18

Chairperson : .....Anne Stockwell

Director : .....Sarah Weightman