

Sun smart

We need to protect children's skin from UV radiation. Skin cancer rates are increasing due to over exposure to UV radiation. UV radiation can be 3 or above even on cool and/or overcast days. A UV radiation level of 3 is high enough to cause skin damage. We need to take action when the UV radiation level is 3 or higher. We monitor ratings via the Bureau of Meteorology: <http://www.bom.gov.au/sa/uv/>

Children's skin is more sensitive to sunlight exposure than an adult's skin. It can take less than 10 minutes for a child's skin to burn. They should never be left in the sun without sun protection on days when the UV rating is 3 or above. Children will be required to bring their hats and keep in their bags in readiness for ALL YEAR wearing, when the UV rating level is 3 or higher.

The best way to protect children's skin from sun exposure is to Slip, Slop, Slap, Seek and Slide:

- slip on a t-shirt (preferably with a collar to keep neck covered)
- slap on a hat
- slop on some sun cream
- seek shade
- slide on sun glasses

At Mount Barker Kindergarten we:

- provide families with sun safe information and promote role modelling by families and visitors including wearing of sun protective hat, clothes and applying sun cream
- provide spf 30+ broad spectrum, water resistant sun cream for children and staff; families can supply their own spf 30+ broad spectrum, water resistant sun cream if required – which should be named and handed over to staff for safety reasons
- reapply sun cream to all children 20 minutes prior to going outdoors to provide enough time to be absorbed
- include age appropriate sun safety information in the curriculum and children's learning
- ensure all children playing outside are wearing appropriate hats and clothing which should include tops with collars, covered shoulders, elbow-length sleeves and longer-style shorts / skirts, for ideal sun protection
- provide shade for children to play outside when the uv is 3 or higher
- activities will be provided within the shaded areas
- where possible activities will be conducted inside at times of peak uv radiation (over the middle of the day) or held undercover/shade
- act as positive role models ie staff will wear appropriate sun protection whilst outside including hats, clothing and sun cream
- encourage the use of sunglasses for children and staff.

Hats must be broad brimmed, legionnaire style or large bucket hats-all cordless- that cover the face, head, ears and back of neck. Children will be required to play inside or under the veranda if their hats do not meet guidelines. Parents must provide their child with appropriate head wear and named.

Clothing must cover children's shoulders and backs. Singlets, spaghetti strapped tops or dresses, tank tops and backless dresses are not appropriate clothing for effective sun protection. Parents are asked not to send their child dressed in these types of clothing. Children wearing clothing that does not provide effective sun protection will be required to play inside or under the verandah.

Sun Cream will be provided at Kindergarten and will be reapplied to children 20 minutes prior to lunch and whenever needed / required at other times of the day before going outdoors when the UV is 3 or above. If your child is sensitive to sun cream you will need to provide the Kindergarten with their own, clearly labeled and named, sun cream. Any sun cream provided must be SPF 30+ broad spectrum, water resistant.

This policy will be reviewed regularly – at least every 3 years – to ensure the policy remains current and relevant.