



## Oaklands Estate Kindergarten

16 Pethick Terrace  
MARION SA 5043

ph 08 8276 7843

fax 08 8276 9412

email [dl.3666.leaders@schools.sa.edu.au](mailto:dl.3666.leaders@schools.sa.edu.au)

web [www.oaklandskgn.sa.edu.au](http://www.oaklandskgn.sa.edu.au)



Government  
of South Australia

Department for Education  
and Child Development

# SUN PROTECTION AND HOT WEATHER POLICY

*Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Kindergartens can make a significant contribution to lowering the risk of childhood skin damage by implementing comprehensive policy and practice that protects the children in their care, and positively influences long-term behaviour change.*

*In Australia, over 950,000 cases of skin cancer are treated every year, and at least two in three people are diagnosed with some form of skin cancer before the age of 70. Over 2,000 people die from skin cancer each year and 80 per cent of those deaths are due to melanoma.*

*It is estimated that 95–99 per cent of skin cancers are caused by overexposure to UV radiation. Therefore, many skin cancers can be prevented by adequately protecting the skin from overexposure to damaging UV radiation.*

*SunSmart Early Childhood Policy Guidelines  
Cancer Council SA, January 2021*

## RATIONALE

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 during childhood and adolescence 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, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

## BROAD POLICY STATEMENT

Our Sun Protection and Hot Weather Policy has been developed to ensure that all children, employees and visitors attending Oaklands Estate Kindergarten are protected from sunburn, skin and eye damage and skin cancer caused by harmful ultraviolet (UV) radiation from the sun and by risks associated with working or participating in activities in hot weather conditions.

It is to be implemented throughout the year and will be effective from 1<sup>st</sup> August until the 30<sup>th</sup> April and whenever the UV levels reach 3 or above at other times. The Policy applies at the kindergarten and off-site on excursions.

## OBJECTIVES

This Sun Protection and Heat Policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times.
- ensure all children and staff have some UV exposure for vitamin D.
- assist children to be responsible for their own sun and heat exposure protection.
- ensure that families and new staff are informed of the kindergarten's Sun Protection and Hot Weather Policy.

## PROCEDURES

Staff are encouraged to access the daily sun protection times on the SunSmart app, [myuv.com.au](http://myuv.com.au) or [bom.gov.au/sa/uv](http://bom.gov.au/sa/uv) to assist with implementing this policy. We use a combination of sun protection measures for all outdoor activities from 1 August until 30 April and whenever UV radiation levels reach 3 and above at other times. Extra

care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

## **1. CLOTHING**

When outside, children are required to wear loose fitting clothing that protects as much of the skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they may be asked to wear a t-shirt/ shirt over the top before going outdoors or be required to play indoors or in the shaded area of the veranda.

## **2. SUNSCREEN**

- Families are expected to apply SPF30 or higher, broad-spectrum, water resistant sunscreen prior to arrival at kindergarten (sunscreen will also be available on arrival at kindergarten for staff and children's use, however staff will not apply this to children on arrival).
- Following the initial application of sunscreen by parents/guardians, staff are to ensure that sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors.
- Staff and families are responsible for checking the expiry date and storage conditions on the label. Children are encouraged to apply their own sunscreen, under the supervision of staff.
- Children without sunscreen will be supported to play in the shaded areas of the kindergarten.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

## **3. HATS**

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. Children without appropriate sun hats shall be required to play inside or under the shade of the veranda.

## **4. SHADE**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is enough shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

## **5. BABIES**

Our sun protection practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 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 six months and older

## **6. WHEN ENROLLING**

When enrolling their child, families are:

- informed of the kindergarten's Sun Protection and Hot Weather Policy.
- asked to provide a suitable hat for their child.
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs).
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child to apply before arriving at kindergarten.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the centre.

## **7. ROLE MODELLING**

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen

- seek shade whenever possible.

## **8. EDUCATION**

Sun protection and taking care of ourselves in inclement weather conditions is part of the learning program.

- Sun protection is incorporated into the learning and development program.
- The sun protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the kindergarten's website.

## **9. WATER**

In line with the kindergarten's Nutrition, Food and Beverages, Dietary Requirements Policy children shall be asked to bring their own water bottles and regularly consume water throughout the day.

Filtered water shall be available to children, staff and visitors at all times.

## **10. EXTREME HEAT**

In addition to the above measures for protection from sun damage or heat exposure:

- Staff shall limit outdoor activities on extremely hot days.
- Staff shall encourage children to drink water throughout the day.
- In the event of inadequate provision of cooling (breakdown of air-conditioning, power failure) when temperature is above 36 degrees, children's families shall be contacted to collect children early, and remaining children shall be supervised with water cooling activities until time of collection.

## **11. EXCURSIONS**

Sun protection and hot weather shall be considered when excursions are planned, particularly time of day and availability of shade.

## **RELATED REGULATIONS, POLICIES, PROCEDURES, GUIDELINES, STANDARDS, FRAMEWORKS**

- Education and Care Services National Law Act (2010):
  - Section 167 Protection from harm and hazards
- Education and Care Services National Regulations (2011):
  - Part 4.2: Children's health and safety
    - Regulation 100 Risk assessment must be conducted before excursion
  - Part 4.3: Physical Environment
    - Regulation 113 Outdoor space-natural environment
    - Regulation 114 Outdoor space-shade
  - Part 4.7: Leadership and service management
    - Regulation 168 Policies and procedures (2)(a)(ii) – Sun protection.
    - Regulation 170 Policies and procedures to be followed
    - Regulation 171 Policies and procedures to be kept available
    - Regulation 172 Notification of change to policies or procedures
- Work Health and Safety Act (2012)
- Quality Area 2: Children's health and safety
- DECD Inclement Weather Procedure
- Nutrition, Food and Beverages, Dietary Requirements Policy

This policy has been developed in consultation with Oaklands Estate Kindergarten staff and Governing Council, as representative of the kindergarten community.

Oaklands Estate Kindergarten Governing Council endorsed this policy on **11 April 2022**.

This policy shall be reviewed every two years or as necessary.