



Paralowie Kindergarten

Sun Protection, Heat Stress and Hot Weather Policy

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin, eye damage and skin cancer.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Therefore, in line with the **Cancer Council of South Australia's** recommendations, children are required to wear a hat for all outdoor activities from **1 September to 30 April** and whenever UV levels reach **3** and above at other times.

The aim of Paralowie Kindergarten's Sun Safe Policy is to promote among young children, educators and parents a positive attitude towards skin protection and lifestyle practices which can help reduce the incidence of skin cancer. It is an expectation that all educators, children and parents of the kindergarten will use the following skin protection strategies.

Staff will model positive sun safety behaviours by:

- Wearing appropriate head wear while outdoors.
- Setting up outdoor activities in shaded areas on hot days, where possible.
- Monitoring the heat levels of all outdoor equipment and surfaces.
- Directing children to play in shaded areas when appropriate.
- Reminding children to wear their hats.
- Encouraging children to drink plenty of water.

Sunscreen

- On days where the UV levels are predicted to be 3 and above, it is recommended that **children have sunscreen applied at home before they arrive** at Kindergarten.
- Families are required to supply their own SPF 50+ sunscreen to keep at Kindy.
- Staff and children apply SPF 50+ sunscreen after morning group times, before going outdoors. (During Terms 1 & 4, with care taken when the Ultraviolet radiation level is 3 and above)
- Sunscreen is to be stored in a cool place and the use by date monitored.

Clothing

- When outdoors, staff and children are encouraged to wear Sun Safe clothing that cover as much of the skin (Especially shoulders, back and stomach) as possible.
- Please Note – Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Water Consumption

- Children are asked to be provided with a water bottle every day. Alternatively, water is always available at the Kindergarten for the children to use.
- Staff will remind children to drink water at all times.

Extreme Heat

- Staff will limit outdoor activities on extremely hot days.
- Staff will encourage children to drink water throughout the day.
- In the event of inadequate provision of cooling (breakdown of air-conditioner, power failure) we will contact families and make them aware of the situation and if possible collect children early. Remaining children will be supervised with restricted activities.

Education and Information

- Sun protection will be incorporated into the Educational program.
- Children will be educated as to how to apply sunscreen to their body, supported by Educators as necessary.
- Sun Protection information will be promoted to staff, families and visitors.
- Staff will be encouraged to keep up to date with new information/resources from the Cancer Council SA.
- Staff will refer to Bureau of Meteorology for information related to extreme weather conditions.

On Enrolment of their child parents will be

- Informed of the Sun Safe Policy.
- Requested to apply sunscreen prior to arrival at Kindergarten.
- Requested to dress their child in tops as recommended by the Cancer Council SA. Encouraged to practice Sun Safe behaviours themselves as positive role models for their children.

**All children will be given a Bucket style hat when they begin Kindy.
These hats are required to stay at Kindy. Please remember, 'No Hat, No Outside Play'.**

To be reviewed January 2024

