



## Skin Protection and Hot Weather Policy

### Aims

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.

- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

## **Implementation**

This policy is for implementation from 1st August to 30 April, and whenever the ultraviolet radiation levels are 3 and above at other times. The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students, parents and visitors of The Lady George Kindergarten will use the following skin protection and hot weather strategies for all outdoor activities including excursions:

- 1 The children's lunch, rest time and indoor activities will be held during peak UV radiation times, to minimise exposure to UV radiation.**
- 2** Whenever possible, all outdoor activities will be scheduled outside of peak UV times OR in the shaded areas of the service. **Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.**
  - 2.1 The play equipment area is to be a priority for shade structure planning
  - 2.2 The further provision of shade areas is a priority for the service.
- 3 Wear appropriate clothing which protects the skin.**
  - 3.1 Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat or clothing will be expected to play in the shade. A 'Lady George Kindergarten' Sun smart hat is given to all children upon enrolment.
  - 3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts. Rash tops or T-Shirts are required for outdoor water activities.
  - 3.3 Parents are expected to provide children with adequately cool clothing that is layered and can be adjusted with temperature gains to minimise heat illness.
  - 3.4 Children are encouraged to wear loose fitting, wraparound sunglasses that meet the Australian Standard AS/ NZS 1067:1.2016 (sunglasses: lens category 2 -4 and cover as much of the eyes as possible).
- 4 Staff and Parent to appropriately store foods and fluids during hotter days and make appropriate decisions about outdoor play.**
  - 4.1 Children are to be offered water or fluids frequently and they have access at all times to clean cool water to refill personal drink bottles.
  - 4.2 Parents are expected to provide lunch that can be cooled by a freezer brick and the site will store it in a cool dry area. Parents are also expected to make appropriate decisions about foods sent to kindergarten for lunch and snacks in hot weather.



- 3.6 Staff are to ensure their own health and safety during times of high temperature.
- 3.7 The kindergarten provides a safe and comfortable environment for all children at all times that ensures adequate heating and cooling is provided for the children
- 4 **Apply a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes before going outdoors. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.**
  - 4.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
  - 4.2 Parents are encouraged to supply sunscreen for their children if their child is sensitive to the bulk sun screen offered through the centre.
  - 4.3 Sunscreen will be applied by *parents / carers before the children arrive at kindergarten* so as children can participate in morning outdoor learning activities, *and again before they go outdoors in the afternoon, by the staff* when the UV is 3 and above.
- 5 **Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.**
  - 5.1 Staff believe it is important to promote among the children, parents and staff a personal responsibility for and decision making about skin protection and health during hot weather.
  - 5.2 For WH&S and role modelling staff will wear sunsmart hats, clothing and sunglasses and apply SPF 30+ broad spectrum, water resistant sunscreen when outside and seek shade where possible. Parents and visitors are encouraged to use the full range of sun protection measures when participating in outdoor excursions.
  - 5.3 Skin cancer prevention will be included in appropriate teaching activities.
  - 5.4 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
  - 5.5 Information about the centre's SunSmart Policy will be given to all new staff, students and families. Parents are provided with information on sun protection through newsletter, emails, noticeboards and the centre's website.
- 6 The Lady George Kindergarten Skin Protection policy' will be evaluated on a three yearly basis.
  - 6.1 Policy issues will be discussed at staff and parent meetings.

For more information please don't hesitate to contact:

**Cancer Council Helpline 13 11 20**

Or visit our website on: [www.sunsmart.org.au](http://www.sunsmart.org.au)

Sign – Director

  


Sign - Chairperson

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