



SunSmart (UV radiation) and Hot Weather Policy

Link to National Quality Standard

QA 2 – Children’s Health and Safety

Element 2.3.2

At Tumby Bay Kindergarten we aim to promote among children, staff and parents:

- Positive attitudes to sun protection and hot weather behaviour
- Lifestyle practices which can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about sun protection and hot weather behaviour
- Increase awareness about sun protection and the impact of hot weather

Our Service has been recognised as a SunSmart Centre by Cancer Council SA. SunSmart status is awarded to centres for a period of three years after which practices are reviewed to ensure standards are being met.

Implementation (UV protection)

This policy is to be implemented during terms 1, 3 and 4 (from the beginning of August until the end of April) and when the UV is 3 and above at other times. UV levels should also be monitored during the month of May and sun protection is recommended on those days when the UV is 3 and above. We ask parents to keep hats in their children’s bags during the month of May.

The purpose of this policy is to ensure that all members of our centre are protected from skin damage caused by the harmful UV rays of the sun. Babies under 12 months need special consideration.

All staff, children and parents will use the following skin protection strategies during terms 1, 3 and 4:

- Take care to protect the skin when the ultraviolet level is 3 and above. Extra care should be taken during the peak UV times of the day when the UV radiation levels are highest. Activities will be scheduled outside of the peak UV times of the day where possible, or conducted in shade.
- The outside play space will consist of various shaded areas, including those with natural shade (e.g. trees) and fixed structures (eg pergola and sandpit shade area) Activities provided outside will be held in shade areas where possible. Children will be encouraged to seek shade during play and leisure activities.
- Further provision of shade areas is a priority for the service.
- *The centre encourages all children and staff to wear clothing with sleeves* during terms 1, 3 and 4. Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that preferably has collars or higher necklines, longer style sleeves and longer style shorts dresses and skirts.

- Wide brimmed or legionnaire hats are required to be worn by all children, staff and parents whenever they are outside.
- Parents are encouraged to apply sunscreen to their child before arriving at the centre or upon arrival using the centre's sunscreen. The centre will apply SPF 30 or higher, broad spectrum, water resistant sunscreen (as recommended by Cancer Council) 15-20 minutes before sun exposure and will reapply every 2 hours.
- For children where allergies or health issues limit the use of sunscreen, parents should complete a General Health Information form on enrolment and provide appropriate sunscreen for staff to apply.
- From May through to the end of July sun protection is not recommended when the UV is below 3 so as to take advantage of sunlight for vitamin D.

Special needs of Babies

- Babies (under the age of 12 months) should be kept out of direct sunlight as much as possible and always protected by shade, clothing and hats. Babies' skin is much thinner than adults, can burn easily and can be at risk even when they are in the shade.
- Babies need a hat that protects their face, neck and ears such as a soft legionnaire style with a flap at the back that will crumple easily when they put their head down.
- Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats.

Reinforce the SunSmart message by:

- Staff will be positive role models who practice skin protection behaviours by wearing hats, sunscreen, sunglasses, sun protection clothing and seeking shade when outside.
- Staff will incorporate sun and skin awareness into the curriculum.
- Staff will keep up to date with information and resources from Cancer Council SA.
- Information about our SunSmart and Hot Weather Policy will be given to all new staff and families.

Implementation: Hot weather

This policy will recognise that children are at greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences. Particular attention is to be paid to strategies to reduce the risk of heat illness in children under 4 years.

All staff, children and parents will use the following strategies to prevent heat illness:

Children are to be frequently offered water or fluids. Drinking water is to be accessible to children at all times. Water bottles will be refilled during the day if needed.
Parents are encouraged to pack food in insulated containers with a freezer brick.

Review

The Tumby Bay Kindergarten Sunsmart and Hot Weather Policy will be reviewed every year.

Source:

Sun protection for Babies – Cancer Council SA

www.sunsmart.org.au

Department of Education and Children's Services – Hot Weather Guidelines for Preschools

