



CLARENCE PARK COMMUNITY KINDERGARTEN

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Skin Protection and Hot Weather Policy

Rationale

Skin Protection

Australia has the highest incidence of skin cancer in the world and skin damage is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation levels is 3 and above – this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above everyday from September to April – it is during these months that sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place from the 1st September until the 30th April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May and August as they still may be 3 or above depending on your location. Cancer Care SA also recommends that particular care should be taken during these months between 10:00am until 3:00pm, when UV radiation levels are at their highest.

It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Hot Weather

Children are susceptible to heat illness and measures are put in place to reduce the incidence of heat related illness.

This policy is in line with ACEQA regulations (NQS) and DECD policy.

Aims

At Clarence Park Community Kindergarten, we believe that it is important to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer.
- Personal responsibility for and decision making about skin protection and health during hot weather.

Implementation

This policy is for implementation from the 1st September until the 30th April. Outside of this time care should be taken when the UV radiation level is 3 (moderate) and above.

It is an expectation that all staff, parents and children of Clarence Park Community Kindergarten will use the following skin protection and hot weather strategies:

- **Wear appropriate clothing that protects the skin**

Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat or bucket hat whenever they are involved in outside activities. Children not wearing a hat will be expected to play in the shade or indoors.

Parents are expected to provide children with adequately cool clothing that is layered and can be adjusted with temperature gains to minimise heat illness. Children will be encouraged to wear tops with sleeves and a high neckline to provide maximum skin coverage. (No singlets, tank tops or sleeveless dresses)

- **Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+**

Parents will be encouraged to apply sunscreen to their child before they come to Kindergarten. Sunscreen is available at the Kindergarten for parents to use.

The Kindergarten will purchase sunscreen that is a broad-spectrum, water resistant sunscreen with an SPF of 30+ that will be used for children staying at Kindergarten for a full day. During Terms 1 and 4, staff will assist children at the conclusion of lunch care to re-apply their sunscreen. Parents will be required to sign a permission allowing staff to re-apply sunscreen upon enrolment. If children have allergies to the sunscreen supplied by the Kindergarten, then parents are responsible for supplying alternative sunscreen for their child to re-apply. Sunscreen will be provided at the sign in table.

- **Limited outdoor activities**

Outdoor activities will be scheduled in shaded areas of the Kindergarten during high UV times. Play will occur inside for the majority of the day and outdoor activities will also be limited during high UV times.

Regular review of the outdoor area will take place to ensure that adequate shade is available either through tree planting or the erection of shade structures.

- **Provision of appropriate food and drink**

Lunches can be placed in the fridge in the veranda area upon arrival at kindergarten. Parents are encouraged to make appropriate decisions about foods sent to Kindergarten for lunch and snacks during hot weather.

Children are to be offered water and fluids frequently and they have access at all times to clean, cool water to refill personal drink bottles. Drink bottles are kept inside where it is cool, dry and easily accessible to children.

- **Safety and wellbeing of children and staff**

The Kindergarten provides a safe and comfortable environment for all children and staff that ensures adequate heating and cooling is provided for all. In the event of inadequate provision of cooling (e.g. breakdown of air conditioner), when the temperature is above

36 degrees, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.

Staff are to ensure their own health and safety during times of high temperatures.

▪ **The Curriculum**

The staff at Clarence Park Community Kindergarten will reinforce the Sun-safe message and heat illness awareness through role modelling and including appropriate teaching activities, in line with the Early Years Learning Framework (EYLF) outcome "Children have a strong sense of wellbeing."

Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA and health authorities.

A UV chart will be used with the children to talk and teach about sun safety. UV levels will be displayed for parents to see each day.

The Clarence Park Community Kindergarten's skin protection and hot weather policy will be shared with all new staff and families and is available to view in the Kindergarten's Policies Folder and on the Kindergarten's website.

Endorsed and ratified by Governing Council parents and staff at Governing Council

Date: September 2017

Review date: September 2019



Government of South Australia

Department for Education and
Child Development