The Lady George Kindergarten

Skin Protection and Hot Weather Policy

Rationale

Skin Protection

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, 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 protect their skin at times when the ultraviolet (UV) radiation level 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 1 September until 30 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 Council SA also recommends that particular care should be taken during these months between 10.00 am – 3.00 pm, when the 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 ACECQA regulations (NQS) and DECD policy.

Aims

The aims of The Lady George Kindergarten Skin Protection and Hot Weather Policy are to promote among children, staff and parents:

- 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 1 September to 30 April. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

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 and parents of The Lady George Kindergarten will use the following skin protection and hot weather strategies:

1. Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
   1.1 The children’s lunch, rest time and indoor activities will be held between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day.
   1.2 Whenever possible, all outdoor activities will be scheduled before 10.00 am and after 3.00 pm OR in the shaded areas of the service.

2. 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 and make appropriate decisions on days of hot weather.
   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 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
   3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
   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 to be offered water or fluids frequently and they have access at all times to clean cool water to refill personal drink bottles.
   3.5 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+ to clean, dry skin, 15—20 minutes before going outdoors for lunch or activities. 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, at times between 10.00 am and 3.00 pm or 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 Staff will be encouraged to role model appropriate SunSmart strategies.

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.

6 The Lady George Kindergarten Skin Protection policy’ will be evaluated on a two 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

Updated June 15th, 2015

Date for next review: 2017