

Sun Protection 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 and eye damage and skin cancer. A UV Index of 3 and above, is strong enough to damage unprotected skin. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk. UV radiation and heat are two different energy sources from the sun, and the UV can be 3 and above on cool and cloudy days. Unlike heat, our senses cannot detect UV radiation. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles for general health.

Staff have a process in place to access the Global SunSmart UV app each morning and record the daily local sun protection times to assist with the implementation of this policy. At Netley Kindy we use a combination of sun protection measure for all outdoor activities during daily local sun protection times for terms 1, 3 and 4, and whenever UV radiation levels reach 3 and above at other times.

Sun Protection Procedures:

Hats

- All children must wear their hat when outdoors, during daily location sun protection times. If they do not have a hat to wear their play will be restricted to indoor and veranda play only.
- Acceptable hats for outdoor play are bucket, broad brimmed or legionnaires style, which protect the face, back of neck and ears.

Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen will be applied 20 minute before going outside and before lunch (and every 2 hours if outdoors for extended periods). Sunscreen will be available for all children to apply to exposed skin areas. (Parents to apply sunscreen prior to arrival in morning).
- Families with children who have sensitive skin are asked to provide a suitable SPF 30 or higher broad-spectrum sunscreen for their child's use.

Shade

- Locate outdoor activities in shaded areas.
- Encourage children to play in shaded areas.
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor areas.

Clothing

- Staff and children are encouraged to come dressed in clothing that covers as much skin as possible. Tops with higher necklines and collars, elbow length sleeves and longer style shorts, dresses and skirts are best. No singlet or midriff tops are allowed.

- Children who are not wearing appropriate clothing are asked to play in the shade or return indoors.

Staff WH&S and role modelling

For Work Health and Safety and role modelling, during daily local sun protection times, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses (optional) when outside
- applying SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

- Encourage parents and visitors to role model sun protection behaviours.

Scheduling:

- A combination of sun protection measures is considered when planning outdoor activities such as excursions and water-based activities.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Education

- Incorporate sun and skin awareness information into our teaching program.

On Extremely hot days the following procedures will apply:

- Locate outdoor activities in shaded areas.
- Encourage children to play in shaded areas.
- Limit outdoor activities on extremely hot days.
- Encourage children to drink water.
- In the event of inadequate provision of cooling (breakdown of air-conditioning) when 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.

New staff and all families will be informed of the policy in staff and parent handbooks, newsletters, displays and other means of communication. The kindy will notify any relevant stakeholders should any significant policy updates be made (e.g. Cancer Council SA).

Endorsed by Netley Kindergarten Governing Council, September 2023	
Signed 	Date 21.09.23
(Chairperson)	
To be reviewed September 2025	