



# Sun safe and hot weather policy

## Rationale

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. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Preschools are ideally placed to help reduce the incidence of skin cancer by the promotion of safe practices and choices regarding exposure to UV sunrays.

This policy relates to the following National Law and Regulations:

## Education and Care Services National Law Act 2010

- Section 167 – Protection from harm and hazards

## Education and Care Services National Regulations 2011

- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment
- Regulation 114 – Outdoor space–shade
- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedures to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.

## Work Health and Safety Act 2012

## National Quality Standards

The policy links to:

- **Quality area 2: Children's health and safety.**

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**



## 1. TITLE

Sunsafe and hot weather policy

## 2. PURPOSE

- The intention of the sun safe and hot weather policy is to:
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Ensure all children and staff have some UV exposure for vitamin D.
- Raise awareness and promote positive attitudes towards skin protection with children, staff and children.
- Ensure the environment provides adequate shade for children and staff at appropriate times.
- Promote personal responsibility and decision making about skin protection with families and children.
- Ensure all new staff are informed of the kindergarten's sun safe and hot weather policy.

## 3. POLICY DETAILS

- We use a combination of sun protection measures for all outdoor activities during term one, three and four and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. A combination of sun protection measures are considered when planning outdoor activities, such as excursions and local walks.
- Staff are encouraged to access the daily sun protection times on the SunSmart app, or at <http://www.bom.gov.au/uv/index.shtml> to assist with implementing this policy during term two, to help support children's understanding and awareness of wearing hats when the UV is 3 or above.
- The following requirements are for term one, three and four and when the UV is 3 or above at other times:

### 3.1 HATS

- All children, staff and visitors working with the children MUST wear a hat outside during the required times. A broad brimmed, legionnaire or bucket hat is required. Baseball or peak caps are not considered a suitable alternative.
- Suitable 'spare' hats will be provided by the centre, to ensure that no child is excluded from participating within the outside learning environment. They will be laundered after each use.

### 3.2 CLOTHING/SUNGLASSES

- When outdoors, all children will wear SunSmart clothing that protects as much of the skin as possible. Tops with sleeves, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top, dress, or midriff top they need to wear a t-shirt/ shirt over the top before going outdoors. Suitable

clothing is available for children to borrow, if required, to ensure participation in the full kindergarten program.

- Sunglasses are optional and children, staff and visitors are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

### 3.3 SUNSCREEN (SPF 30+)

- SPF 30 or higher, broad spectrum, 4 hour water resistant sunscreen is available for staff and children's use. Sunscreen is applied at least thirty minutes before going outdoors in the afternoon.
- Staff monitor the application of sunscreen before kindergarten and sunscreen is available to be applied at kindergarten upon arrival each morning.
- All parents are advised to apply SPF 30 or higher, broad spectrum, 4 hour water resistant sunscreen, prior to attendance at kindergarten each day.
- Children are encouraged to apply their own sunscreen under the supervision of educators. Learning about applying own sunscreen will occur as a part of our curriculum learning and routines.

### 3.3 SHADE

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- There is a sufficient number of shelters and trees providing shade in our outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities and extra care is taken during the peak UV radiation times.
- Children are encouraged to use available areas of shade when outside.

### 3.4 INCLEMENT HOT WEATHER

- Educators will monitor and gauge the outside temperature and bring the children, and themselves into an air-conditioned building when the outdoor temperature is above 36 degrees and the conditions are extreme. Educators may adjust the program to allow for further calming and relaxing activities, to support children to keep cool.
- Staff will ensure children consume adequate water, with reminders to have drinks of water throughout the day. Alternatively, pura-tap filtered water is always available at kindergarten for the children's use, to fill water bottles or use a cup if required.

### 3.5 ENROLMENT AND INFORMATION FOR FAMILIES

Upon enrolment, families are:

- Advised of the Centre's sun safe and hot weather policy
- Requested to apply sunscreen prior to arrival at kindergarten and reminded upon entry to kindergarten as required.
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)

- Asked to provide SPF 30 or higher, broad spectrum, 4hour water resistant sunscreen for their child (if required: ie: child has an allergy or sensitivities to the sunscreen provided. This must be recorded on the enrolment form and relevant health care plans supplied).
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the Centre, as positive role models for children.

### 3.6 EDUCATION

- Sun protection is regularly incorporated into our kindergarten curriculum. Sun protection will be promoted to staff, families and visitors.
- The sun safe and hot weather policy, updates and requirements (including hat, clothing and sunscreen) are communicated to staff, families and visitors through newsletters, our website, staff induction folder, policy folder, parent information evening and parent handbook.

### 3.7 STAFF AND WHS REQUIREMENTS

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff and visitors:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

### 3.8 ASSOCIATED DOCUMENTS

- SA Cancer Council sun smart policy: <https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres/sunsmart-policy-information>

## 4. MONITORING, EVALUATION AND REVIEW

### **Roles and responsibilities:**

Kindergarten Director and staff monitor and review the effectiveness of the Healthy Food and Nutrition Policy, along with the Governing Council, as required (minimum every three years).

## **Approvals**

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Policy officer: [Samantha Chirgwin, Thorndon Park Kindergarten](#)

Approved by: [Governing Council Management Committee](#)

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