



ALDGATE KINDERGARTEN

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Government of South Australia
Department for Education

SUN PROTECTION AND HOT WEATHER POLICY

Rationale

It is estimated that 95-99% of skin cancers are caused by overexposure to UV radiation, and can therefore be prevented by adequately protecting the skin when the UV Index is 3 and above. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. As part of our Kindergarten's duty of care it is imperative that this risk be minimised. Consistent with the Department for Education and Cancer Council SA guidelines, sun protection measures are in place from 1 August – 30 April, and when the UV is 3 and above at other times.

The aims of this policy are:

- To ensure that all children and staff use a combination of sun protection measures whenever UV index levels reach 3 and above;
- To assist children to be responsible for their own sun protection;
- To ensure children are protected from heat stress.
- To ensure all children and staff have some UV radiation exposure for vitamin D;

The requirements of this policy are that:

- Staff access the daily local sun protection times using the Bureau of Meteorology app, website [Aldgate Weather - Bureau of Meteorology \(bom.gov.au\)](http://www.bom.gov.au) or the SunSmart app and communicate this to families;
- Children's uniform hats are provided by the kindergarten, and have a broad brim width of at least 6 cm. These hats must be worn when the UV is 3 and above – hats from home are not required. Uniform hats stay at Kindergarten so that they are always available. Hats must be toggle free to reduce the risk of neck injury;
- For Workplace Health and Safety and role modeling, when the UV is 3 and above staff are required to practice Sun Smart behaviours including wearing sun protective clothing, sunscreen and appropriate hats, and seek shade when outdoors. All parents, student teachers, visitors or volunteers attending excursions or other outdoor activities will adhere to these practices when the UV is 3 and above;
- Children wear clothing that protects their exposed skin. Tops with collars or higher necklines and long/close to elbow length sleeves, and longer style shorts and skirts are recommended. Children who are not wearing appropriate sun protecting clothing (e.g. shoulders are not adequately covered) will be helped to change from clothes in their bags or spare Kindergarten clothing if possible. If no options are available, children will be directed to play in the shade or under the pergolas;
- Parents either apply sunscreen to their child prior to kindergarten, or do so when they arrive using the Kindergarten supplied SPF 30+ broad spectrum, water resistant sunscreen. Staff will apply SPF30+ sunscreen to children who arrive from Out of School Hours Care, and 2 hourly if remaining outdoors. Sunscreen will be applied 20 minutes before going outside. Application times will be recorded in our day book;
- Parent permission is required for staff to reapply sunscreen – personal sunscreen can be provided by families, clearly named and stored in the kitchen. Parents who do not wish to have sunscreen applied to their children will need to dress children in appropriate sun protective clothing when the UV is 3 and above;
- There is sufficient shade for outdoor play, and children are directed to shaded play areas in very hot weather and/or peak UV radiation times;
- When the UV is 3 and above, the following practices will be followed: children will eat lunch inside or in the shade, staff will use available areas of shade for outdoor activities and actively encourage children to play in shaded areas.
- A combination of sun protection measures are considered when planning outdoor excursions and water-based activities;
- Sun protection awareness activities will be included in the learning program;
- During May – July (whenever UV is below 3), access to Kindergarten hats is removed to allow for safe UV exposure to assist with Vitamin D levels;
- Drinking water is readily available to children and they will be frequently reminded by staff to keep hydrated, and children are closely observed for signs of heat stress;
- This policy is regularly reinforced and promoted to staff, volunteers and families through our playgroup, parent information book, staff induction program, website and email communications.
- This policy applies to all Aldgate Kindergarten activities and events, both on and offsite.

Sun protection and hot weather: Issue 12. Ratified by the Governing Council 12/09/2024. To be reviewed August 2027