

Sun and Hot Weather

Aims

The aims of the 'Pooraka Community Kindergarten Sun 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 or the temperature is 36 degrees Celsius or above.

It is an expectation that all staff, students and parents of Pooraka Community Kindergarten will use the following skin protection strategies:

- 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.
 - Whenever possible, all outdoor activities between 10.00 am and 3.00 pm are in the shaded areas of the service.
- Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- Wear appropriate clothing which protects the skin.
 - 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 6cms for older children and adults) whenever they are involved in outside activities.
 - Children not wearing an appropriate hat will be expected to play inside.
 - Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
- 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.
 - Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
 - Parents will be encouraged to supply sunscreen for their children although there will be a bulk sunscreen pack available at the service.

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- Sunscreen will be applied by parents at home prior to attending kindergarten or at drop off time. Staff will apply sunscreen to children before going outside in the afternoon (at 1:45pm).
- In Terms 1 and 4, the morning routine is designed so that the children begin the morning session outside, when it will be the coolest.
- Hot weather (36 degrees Celsius or above)
 - When it is 36 degrees Celsius or above we will stay inside.
 - Drinks – drinking water is accessible to children at all times
 - Clothing - Parents are encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is sunsafe.
 - Lunch and snacks – Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. The Kindergarten also provides a fridge to store children’s food.
 - Equipment and outside surfaces – The staff will ensure that children do not access areas or equipment when hot enough to place children at risk of burn injuries.
- Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
 - Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.
 - Skin cancer prevention will be included in appropriate teaching activities.
 - Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
 - Information about the centre’s SunSmart Policy will be given to all new staff, students and families.
- The ‘Pooraka Community Kindergarten sun and hot weather policy’ will be evaluated on a two yearly basis.
 - Policy issues will be discussed at staff and parent meetings.

- For more information contact:

Cancer Council Helpline 13 11 20

Or visit the website on:

www.sunsmart.org.au