



7 Mitchell Park Kindergarten

Sun Protection Policy

NQS: QA 2 - CHILDREN'S HEALTH AND SAFETY Regulation 168

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing late in life (Cancer Council SA).

The aim of our Sun Protection Policy is:

- To encourage children to be dressed appropriately
- To promote practices that help reduce the risk of skin damage

Implementation:

- Children will be expected to wear a wide-brimmed hat when outside in Term 1 and 4.
- Children will be expected to wear clothing that protects their shoulders and neck throughout the year.
- The Responsible Person will check UV radiation levels each morning in Terms 2 and 3. When the UV radiation levels are 3 and above skin damage that leads to skin cancer may occur without proper protection. Children will be encouraged to wear hats on these days.
- Parents are encouraged to apply sunscreen to their child prior to Kindy. Staff will support children to reapply throughout the day where supplied from home. A broad spectrum water resistant sunscreen of 30+ is recommended.

The Kindergarten will ensure:

- Outdoor activities are placed in the shady areas whenever possible.
- UV radiation levels are monitored using the Sun Smart UV Alert on the Advertiser weather page or go to <http://www.bom.gov.au/weather/uv>
- Spare hats are available
- Babies under the age of 12 months are kept out of direct sunlight as much as possible and be protected with shade, clothing and hats.
- The Sun Smart message will be reinforced in the kindergarten program and activities (5 ways to protect yourself: Slip, Slop, Slap, Seek, Slide).
- The policy will be reviewed regularly

Hot Weather Policy

The aim of our Hot weather Policy is :

To provide guidelines aimed at reducing the risk of heat illness to the young children in our care during hot weather.

Considerations:

Shade: Activities conducted on periods of hot weather are to be undertaken in shaded areas or inside.

Drinks: Children are frequently offered water or fluids. Drinking water is accessible to children at all times

Clothing: Children are to be encouraged to dress in clothing that minimizes heat gain, in layers that can be easily removed.

Lunch: Parents are encouraged to pack food in insulated containers with a freezer brick or place lunch in the kindergarten fridge

The policy recognises that young children are at greater risk of suffering from heat illness than adults. A child's ability to respond to heat and acclimatize to heat is due to physiological differences. (DECD Hot Weather Guidelines 2009)

The Kindergarten will ensure:

- A safe and comfortable environment for children is provided
- Air conditioning is provided during hot weather
- A Sun Protection Policy is implemented

Endorsed by Governing Council 21/6/2016 - To be reviewed 2018