Sun Protection Policy

Policy statement

Victor Harbor Community Kindergarten aims to support and promote sun protection for young children. Australia has the highest skin cancer rate in the world and it is now evident that exposure during childhood is a critical factor. Children should be protected from excessive sun by the use of hats, sun screen and suitable clothing.

UV radiation

UV radiation is present all year round; therefore we will promote sun protection throughout the year. Weather is not an accurate guide to the potential for skin damage as, even on cloudy and relatively cool days UV radiation can cause skin damage.

There is no relationship between UV radiation and temperature, therefore daily routines will be considered to minimize outdoor experiences during peak UV radiation times (10.00am-3.00pm); that is when ultraviolet radiation is level 3 (moderate) and above. Director will monitor the weekly UV ratings for Victor Harbor to inform staff as they prepare the outdoor learning environment.

We will provide and use adequate and [Pharmacy Care Sunscreen Lotion 50+] whilst outside. This assists with protecting children from UV radiation.
Sunscreen will not be applied on days of UV ratings less than level 3.

Staff will be aware of shade patterns during the day and locate outside experiences accordingly. Children will be actively and positively encouraged to use shaded areas when playing outside.

**Protective Clothing**

Protective clothing will be encouraged. Clothing is an essential sun protective strategy and should cover as much skin as possible when outdoors. Preferably, children will wear shirts that cover the shoulders and have collars. Shoes that are closed in, rather than open should be considered.

Parents will provide a named sun hat for their child at all times, to provide neck and ear protection as well as face protection, e.g. broad brimmed, bucket or Legionnaires. Sun hats are mandated for Term 1, Term 3 and Term 4. Term 2 hats are encouraged to be worn. Sunscreen application will depend on the UV rating.

Research has shown that children need some exposure to Vitamin D and the Cancer Council recommends that from May 1st to the 1st of September sunscreen is applied according to the UV rating and hats are still encouraged to be worn.

We will provide and use adequate and effective shade whilst outside. This assists with protecting children from UV radiation.

Staff will monitor UV levels in winter via the website- www.sunsmart.com.au/uvalert and sunscreen will be applied only if its level 3 and over. (in months May to Sept the UV tends to be under the level 3)

Staff will use discretion about restricting outside play on extremely hot days or days where there are dangerous UV levels. On extreme heat days, afternoon play will be indoors, on the verandah or under the sandpit pergola.

Families will be encouraged on excursions and centre functions to wear appropriate sunsmart clothing (see Clothing and foot wear policy) and hats

Kindergarten staff feel it is important to set an example to children and always wear hats and covered shoulders.

**PROCEDURE**

- Families are requested to apply sunscreen to their child prior to arrival at preschool on days of UV ratings Level 3 or above.
- The preschool will apply **Pharmacy Care Sunscreen Lotion 50+** at 12.00 pm (if the UV rating is Level 3 or above) for children participating in the Lunch Care program.
- **Sunscreens are not to be left in children’s bags.** The Kindergarten will provide sunscreen, unless child has a particular allergy and will need their own specific sunscreen. This will be stored by staff in an accessible place, not in child’s bag.
- For those children requiring a different brand to Kindergarten’s, parents are asked to supply in original packaging, labeled with child’s name and to be left at Kindergarten- not in children’s bag.
- Parents are to provide a hat for their child at all times clearly marked with their name.
- Parents are requested to dress children in appropriate clothing for hot days – no tank tops, no singlet straps, no mid riff tops. Shoulders must be covered. Staff will
Information Note for Parents

provide children with a spare T-shirt if clothing is unsuitable. Also parents are encouraged to dress children in clothing that minimizes heat gain, in layers that can be removed during activities.

- Families are encouraged to supply a bottle of water for their child. **Children will be required to drink regularly to ensure adequate hydration.**

Source: The Cancer Council South Australia www.cancercare.asn.au

**Information Note for Parents** in accordance with our sun safe /hot weather policies

- Families are requested to apply sunscreen to their child **prior** to arrival at preschool (if UV rating is level 3 or Above)

- The preschool will apply: **Pharmacy Care Sunscreen Lotion 50+** at 12.00pm (if UV rating is Level 3 or above) for children participating in the Lunch Care program. **Sunscreens are not to be left in children’s bags.** The Kindergarten will provide sunscreen, unless child has a particular allergy and will need their own specific sunscreen.

- For children requiring a different brand to Kindergarten’s, parents are asked to supply in original packaging, labeled with child’s name and to be left at Kindergarten-**not in children’s bag.** Please give to staff.

- Parents are to provide an approved sun safe **hat at all times for their child, clearly marked with their name.**

- Parents are requested to dress children in appropriate clothing for hot days – no tank tops, no singlet straps, no midriff tops. Shoulders must be covered. Staff will provide children with a spare T-shirt if clothing is unsuitable. Also parents are encouraged to dress children in clothing that minimizes heat gain, in layers that can be removed during activities.
• Families are encouraged to supply a bottle of water for their child. *Children will be required to drink regularly to ensure adequate hydration.*