Bertram Hawker Kindergarten
Sun Protection/ Hot Weather Policy

Rationale
A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun’s UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Our Sun Protection Policy has been developed to ensure that all children, employees and visitors attending Bertram Hawker Kindergarten:

- are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.
- have adequate UV exposure for Vitamin D.

OUTDOOR ACTIVITIES
The service will ensure the following sun protection measures are applied to children and staff while outside when the UV level is 3 or above. When the UV level is below 3 these sun protection measures will not apply.

Staff will access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

SHADE
• Children will be actively encouraged to use shade for outdoor play activity.
• Outdoor activities will be planned to occur in shaded areas.
• The service will provide and maintain adequate shade for outdoor play.

HATS
• All children will wear a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside. Caps will be not allowed at the centre.
• Hats will be provided by Bertram Hawker Kindergarten and will be accessible to children at all times.

CLOTHING
• When outdoors, all children will wear SunSmart clothing that covers shoulders and protects as much of the skin as possible.

Approved by Governing Council: September 2013
Review Date: September 2014
Bertram Hawker Kindergarten
Sun Protection/ Hot Weather Policy

SUNSCREEN
• All children and staff will apply SPF30+ broad-spectrum water resistant sunscreen at least 20 minutes before going outdoors.
• Parents/carers will sign permission slips for teachers to supply sunscreen for their children unless they choose to provide their own sunscreen.
• Teachers will supply Cancer Council Kids sunscreen to all children before lunch prior to going outside. Children will be supervised as they apply the sunscreen to their cheeks, noses and exposed skin on arms and legs.
• Sunscreen will be stored in a cool place, out of the sun.
• Staff will monitor the expiry date of sunscreen and discard when out of date.

ROLE MODELLING
Staff, students, families and visitors will act as positive role models and demonstrate SunSmart behaviour when attending the service by:
• wearing a SunSmart hat
• applying SPF30+ broad-spectrum water resistant sunscreen
• using and promoting shade
• wearing SunSmart clothing

EXCURSIONS
• Sun protection will be considered when excursions are planned, particularly time of day and availability of shade.

EDUCATION
• Sun protection is part of the learning program.

INFORMATION
• Sun protection information will be promoted to staff, families and visitors.

POLICY
• The SunSmart policy will be made available to staff, families and visitors.
• The policy is monitored and reviewed annually.

For more information please contact:
Cancer Council Helpline 131120 or www.sunsmart.org.au

Approved by Governing Council: September 2013
Review Date: September 2014