



Allenby Gardens Preschool

Sun Protection and Hot Weather Policy

RATIONALE

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia. At least 1 in every 2 Australians will be diagnosed with skin cancer in their lifetime.

Most skin cancer and skin damage is the result of cumulative exposure to the sun and mainly occurs during childhood and adolescence.

Children of all nationalities and skin types have very sensitive skin that will burn easily. Children with fair or pale skin are most likely to burn but even children with dark skin can suffer sun damage.

Sun protection during childhood and adolescence means life-long reduced risk.

Skin cancer is preventable.

Preschools are ideally placed to help reduce the incidence of skin cancer by developing good habits in and an understanding of the effects of the sun by the children at the centre.

Our Centre's philosophy ensures the child's right to be safe at the Centre.

AIMS

The aims of our policy are to promote amongst children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices that help reduce the incidence of skin damage.
- Awareness of the need for environmental changes in our Centre to reduce the level of exposure to the sun.

IMPLEMENTATION

Hats

- All children and staff will wear hats outside all year, in accordance with the Allenby Gardens School policy.
- Children without hats will need to play under the veranda or other fully shaded area.

Sunscreen

- Educators to check the Bureau of Meteorology daily for the UVI and indicate at the sunscreen station.
- Between the **1st August and the 30th April** parents to apply sunscreen and indicate at sign in that they have done so by ticking. Staff to check and follow. Staff to reapply sunscreen after morning tea and after lunch. These are the months with the highest risk (Cancer Council SA)
- From the **1st May to the 31st July** staff to monitor UVI daily and record on sunscreen station. Parents to apply if UVI is 3 or over. Staff to follow up.
- Sunscreen is reapplied after morning tea and after lunch. Staff will use a stamp to indicate that children have reapplied sunscreen.
- If a child has sensitive skin parents/caregivers are requested to inform staff and provide appropriate sunscreen

- Children will be encouraged to apply sunscreen themselves. Staff will monitor the application of sunscreen and assist as needed.

Clothing

- **Children are required to wear clothing with sleeves**
- Sleeveless clothing is not sun safe and not appropriate for Preschool.

Hot Weather

- Outdoor activities will be located in shaded areas, restricted to the cooler parts of the day, and include water play.
- Outdoor play spaces will be assessed to ensure surfaces are cool enough to be safe for children.
- Indoor and outdoor activities will be available concurrently to enable children to remain in the building if they wish.
- Children will be reminded to drink water frequently and have access to water at all times.
- When the forecast temperature is above 35 degrees or above children will remain inside.
- Parents are encouraged to pack food in insulated containers and include an ice pack. Children's bags are located inside the air-conditioned building.
- Parents are required to **dress children in cool, sun-safe clothing**. Children wearing inappropriate clothing will remain inside. Spare clothing is offered to children if they wish to play outside.

General Practices

- Staff will incorporate sun and skin awareness activities into the teaching and learning programs.
- Children are encouraged to drink water frequently.
- Staff will model appropriate SunSmart strategies in all service activities.
- **Staff will check UVI each morning and indicate at sunscreen station and outdoor safety checklist**

Parent Information

Further information regarding sun safety is available at the preschool.

Date: February 2023
To be reviewed: February 2024