



Government of South Australia

Department for Education and  
Child Development



## Sun Protection Policy

Research suggests that unprotected exposure to the sun during childhood is an important factor in the development of skin cancer later in life. It also tells us that the sun can be dangerous throughout the year. Latest statistics state that at least two in three Australians will be diagnosed with skin cancer by the age of seventy.

Temperature (infrared radiation) which provides heat from the sun does not affect, nor not related in any way to UV radiation which damages the skin. Even on overcast and cloudy days, the UV level can still be 3 and above. Whenever the UV is 3 and above, it will damage unprotected skin especially, that of young children. Therefore it is preferable to monitor UV levels and put sun protective behaviours in place when the UV is 3 and above.

Staff are encouraged to monitor the UV levels on a regular basis to guide them in planning activities. Sun protection times highlight when the UV is always 3 and above and sun protection is required. UV levels can be accessed through the Bureau of Meteorology via <http://www.bom.gov.au/places/sa/adelaide/forecast/> or via the SunSmart app/widget which can be downloaded by staff and families to the centre's website or mobile phones via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>

Education and Care Services National Regulation 2011:

Regulation 168 (2) (a) (ii)

Related key Regulations: 114

Links to the National Quality Standards:

National Quality Standard 2.3

We believe in "role-modelling" sun safe behaviour by both adults and children.

**It is with these factors in mind that we advise parents of the following guidelines and procedures which will be observed from 1 August to 30 April and whenever UV levels reaches 3 and above at any other times of the year**

- Parents are encouraged to send their children in clothing with collars, elbow-length sleeves, longer-style shorts, skirts and dresses which protects the body from the sun - T-shirts with low necklines do not protect the back of the neck or chest and please don't send your child in a strappy top or singlet. **(Shoulders must be covered).**
- Children and staff must wear a hat at all times when outside from the first of August to the end of April and whenever the UV is 3 and above at any other time of the year. Wide brimmed, bucket or legionnaire hats are preferred. Baseball caps do not provide the necessary sun protection for our children as they expose the ears, side of face and back of neck.
- Children should come to kindy with a named hat in their bags at all times or they may keep it at kindy in the basket available.
- The children will be provided with adequate shaded areas to protect them from the sun.



- Staff will set up activities in the shade whenever possible.
- Shade structures whether natural (trees) or man-made will be considered in the future planning of the centre.
- SPF 30 or higher, broad spectrum, water resistant sunscreen should be applied by the parents to all exposed skin of their child before their arrival at kindy from 1<sup>st</sup> August to the end of April and whenever the daily UV forecast is predicted to be 3 and above
- The Preschool staff will re-apply sunscreen every two hours (Approx 10.30, 12.30 and 2.30) if children will be outdoors, and more often if outdoors for an extended period. The sunscreen will be supplied by the Kindergarten and applied to all children after lunch for those children who have had a consent form signed by parents or caregivers.
- Parents need to complete a permission slip for the staff to apply the sunscreen.
- If your child needs to have their own sunscreen, please make sure it has a SPF of 30 or higher and is broad spectrum and water resistant. Clearly label it and place in on the container on the fridge.
- In May to July, when UV levels are below 3, children and staff will be encouraged not to wear hats and sunscreen to receive Vitamin D from the sun which is necessary for normal growth and development of bones and teeth, and for general well-being.
- Staff use "teachable moments" and curriculum programming to inform children of the health issues concerning sun safety and the need for Vitamin D.
- SunSmart behaviours will be regularly reinforced and promoted to the whole community (e.g. via newsletters) and all new families and staff will be informed of the policy.
- This policy will reviewed regularly (at least every 3 years) to ensure the policy remains current and relevant.
- Extra care will be taken over the peak UV times of the day (middle of the day) and outdoor activities will be scheduled outside of these times where possible.

Temperature over 35 degrees is also considered at our centre to prevent heat illness and to reduce the risk of harm, the following guidelines will be implemented:

- Staff will encourage children to have regular drinks of water, particularly on warmer days by using their own water bottle or from the container inside.
- During days of forecast temperature of above 35 degrees children will remain inside or on the verandah (including the sandpit and mud kitchen areas) between hours of 11.00am and 4.00pm.
- On extreme days staff will conduct a risk assessment to determine if outside play will be limited or inside experiences only offered.

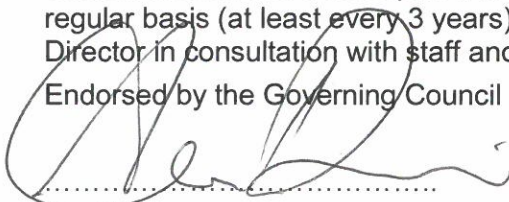
#### **Resources:**

Cancer Council SA: [www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart)

This Policy has been developed by the Governing Council

The policy will be reviewed and evaluated regularly by both the staff and Governing Council and modified as required to ensure continued relevance for the Centre on a regular basis (at least every 3 years). This policy has been developed by the Preschool Director in consultation with staff and the Governing Council

Endorsed by the Governing Council on March 2017 Chairperson



Policy Issue Number 2

Policy review Date: 1/3/2019