



Sun Protection Policy

Reviewed and approved by parent committee and staff – March 2023 (updated August 2023) - DfE Sun protection in schools and early childhood education services. Information has been extracted from the [Cancer Council SA SunSmart policy](#)

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Please note: In line with DfE and Cancer Council SA guidelines, and our SunSmart status, sun protection is used during terms 1, 3 and 4 (1st August until the 30th April) and whenever UV radiation levels reach 3 or above at other times.

Purpose

At West Lakes Kindergarten and Early Childhood Centre, we have a sun protection policy in effect for school terms 1, 3 and 4 (1st August until the 30th April) and whenever ultraviolet (UV) radiation levels reach 3 or above. Children and young people are encouraged to be responsible for their own sun protection.

1. Clothing

Quality Area 2: Children's health and safety

- When outside, children are encouraged to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress, they wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality Area 2: Children's health and safety

- Parents provide a SPF 30 or higher, broad-spectrum, water-resistant sunscreen for their children's use. Parents are to provide a sunscreen that their child has used before, to reduce the risk of allergies/irritations.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.
- Staff are encouraged to provide and apply their own sunscreen. The centre has a general sunscreen for use.

3. Hats

Quality Area 2: Children's health and safety

- All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. The kindergarten has Kindy bucket hats available for purchase.
- Staff are to purchase and wear their own hats, to protect their skin and be a role model to children/families.

4. Shade

Quality Area 2: Children's health and safety and Quality Area 3: Physical environment

- The centre ensures there is enough shelters and trees providing shade in the outdoor area.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

5. Sunglasses [optional]

Quality Area 2: Children's health and safety

- Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Babies

Quality Area 2: Children's health and safety

- Our SunSmart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.
- Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.

7. Enrolment and information for families

Quality Area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- informed of the centre's Sun Protection policy
- asked to provide a suitable hat for their child or purchase a kindergarten bucket hat (*if applicable*)
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad-spectrum, water-resistant sunscreen for their child (*if applicable*)
- required to give permission for staff to apply sunscreen to their child
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the centre.

8. Staff WHS and role modelling

Quality Area 5: Relationships with children

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

9. Education

Quality Area 1: Educational program and practice, Quality Area 5: Relationships with children and Quality Area 6: Collaborative partnerships with families and communities

- Sun protection is incorporated into the learning and development program and planning.
- The Sun Protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through our communication app, enrolment packs, children's activities, events, meetings and displays/noticeboards.

10. Policy review

Quality Area 7: Governance and leadership

- The Director and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

Extreme Heat - Health and safety of children and students during hot weather:

- Children are encouraged to drink plenty of water and stay out of the sun.
- any outdoor or sporting activities/excursions are rescheduled or cancelled,
- we will remain inside to keep cool and out of the direct sunlight,
- pre-cautions are taken to ensure children's lunches are kept cool to avoid food poisoning by providing a cool place for children to store their lunches.

On EXTREME HEAT DAYS (40 degrees and above)

- In the best interests of the children and families, children can be collected at 12pm on the days of extreme heat.
- If the weather is forecasted to be 40 degrees or above on the Bureau of Meteorology (Australian Government) website at 6am on that day, children can be collected at 12 pm. (www.bom.gov.au)
- If you are aware that your child becomes distressed in the heat, you may keep your child at home, or collect your child early.
- We will keep children inside in the cool, in extreme heat and extreme UV rays (including 10 and above)

Power outages

- Due to extreme heat, there is a possibility that our kindergarten may be without power for varying periods of time. For short term outages, we will remain at Kindy but if outages that are predicted to be of longer duration, we will notify parents by phone or through the Class Dojo App.



To Support Sun Protection - Parents are to...



To comply with the SunSmart Guidelines and our centre policy, we will wear hats and apply sunblock during terms 1, 3 and 4 (1st August until 30th April) and whenever UV radiation levels reach 3 or above at other times.



Sunscreen – Apply Before Coming to Kindy

Apply SPF 30 or higher broad-spectrum, water-resistant sunscreen to your child before coming to kindergarten.

- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors. We will support your child to reapply their roll-on sunscreen.

*Please **provide a named sunscreen (SPF30 or higher broad spectrum, water resistant** - a brand that your child has used before). Sunscreen will be stored in the children's individual baskets. Please ensure that your child's sunscreen is in date and is clearly marked with their name.

**Please let us know, in writing, if you do not want your child to use sunscreen due to medical reasons.*



Hats

Ensure your child brings their hat to **kindergarten every day**.

- The kindergarten will provide a bucket hat to each child when enrolling and children store their hats in their kindy basket.



Clothes


Dress your child in clothes that provide adequate sun protection and comply with our sun protection strategies.

- Children wearing singlet and sleeveless tops will be required to wear a t-shirt over the top, before going outside. (The kindergarten has a 'Kindergarten top' that supports sun protection).



Sunglasses

Parents are able to provide a pair of named children's sunglasses for their child to wear during outside play (optional).

-  Protect your own skin and be a role model for your child by using a combination of sun protection measures (clothing and hats, shade, sunglasses and sunscreen) when attending the centre