

**Aldinga Community  
Kindergarten**  
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## Aldinga Community Kindergarten's Sun Smart policy

This policy applies to all centre events on and off-site as well as every day at Kindy. All children and staff are required to wear Hats in term 1, 3 and 4. In term 2 hats are required when the UV levels are 3 and above. A hat must be supplied all year round. Parents are responsible for application of sunscreen before Kindy and Kindergarten staff will apply it after lunch in term 1 and 4 or if required in other terms. ( daily risk assessments will determine this)

### 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 in the first ten years of life 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.

### Objectives

This Sun Smart policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- ensure all children and staff have some UV radiation exposure for vitamin D
- assist children to be responsible for their own sun protection

### Legislation

This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010:*
  - Section 167 – Protection from harm and hazards
- *Education and Care Services National Regulations 2011:*
  - Regulation 100 – Risk assessment must be conducted before excursion
  - Regulation 113 – Outdoor space – natural environment
  - Regulation 114 – Outdoor space – shade
  - Regulation 168: Policies and procedures (2)(a)(ii) – sun protection

### National Quality Standards

All of the following Sun Smart procedures link to:  
Quality area 2: Children's health and safety.

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Leadership and service management

### Procedures

Staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (August until the end of April) and whenever UV radiation levels reach 3 and above at other times.

#### 1. Clothing

##### Quality area 2: Children's health and safety

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best.

If a child is wearing a singlet top or dress it is recommended that they wear a t-shirt/shirt over the top before going outdoors.

## 2. Sunscreen

### Quality area 2: Children's health and safety

- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use
- Parents are required to apply sunscreen before Kindy starts and staff will apply sunscreen for the afternoon session in term 1 and 4 or if needed in the other terms.
- children, are encouraged to apply their own sunscreen under the supervision of staff.
- Parents will need to supply sunscreen if the child is allergic the one provided by the centre.

## 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. It is recommended that any strings on hat are removed as they can get caught on playground equipment.

## 4. Shade

### Quality area 2: Children's health and safety

### Quality area 3: Physical environment

- management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area
- the availability of shade is considered when planning excursions and all other outdoor activities
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- children who do not have appropriate hats or outdoor clothing are asked to play inside or on the verandah.

## 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 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. The kindergarten does not take responsibility for sunglasses.

## 6. 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 Smart policy
- asked to provide a suitable hat for their child
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. shirts with collars and elbow length sleeves, longer style dresses and shorts)
- required to give permission for staff to apply sunscreen to their child. If their child is allergic they

must supply a named sunscreen for their child which is in date.

- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the Kindy)

## 7. Education

### Quality area 1: Educational program and practice

### Quality area 5: Relationships with children

### Quality area 6: Collaborative partnerships with families and communities

- sun protection and vitamin D are incorporated into the learning and development program
- the Sun Smart policy is reinforced through staff and children's activities and displays
- staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and FB page.

## 8. Days of Extreme Heat

- Activities are to be placed in shade and experiences such as physical tasks are to be packed away for pm play.
- Out side play is limited.
- Drinking of water is to be monitored to ensure all children/staff are drinking enough to keep hydrated.
- If air conditioning is not working for more than 30 mins on days of heat above 36 families are to be called to collect children

## 9. Policy review

### Quality area 7: Leadership and service management

Management and staff monitor and review the effectiveness of the Sun Smart policy and revise the policy when required  
Policy developed term 1 2017

Date of next policy review: 2018