



## SUN SMART POLICY

### EYLF:

#### Wellbeing:

Children take increasing responsibility for their own health and physical wellbeing.

### NQS:

Each child's health is promoted. [2.1]

Each child is protected. [2.3]

Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury. [2.3]

### BELIEF STATEMENTS:

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 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.

### AIMS:

THIS SUNSMART 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 exposure for vitamin D

Assist children to be responsible for their own sun protection

Ensure that families and new staff are informed of the service's SunSmart Policy.

### POLICY:

Educators check the Sunsmart App daily. Sun protection including hats and SPF 30+ sunscreen is used whenever the UV forecast is 3 or above.

Babies under 12 months are kept out of direct sun when UV levels are 3 and above.

THIS POLICY APPLIES TO ALL CENTRE ACTIVITIES, ON AND OFF SITE.

### POLICY DETAIL:

#### SHADE

A shade audit is conducted regularly to determine the current availability and quality of shade (sheltered areas/trees).

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.

#### CLOTHING

When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars 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.

#### HATS

Children and staff are required to wear hats when sun protection is required. Hats must protect face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

#### SUNGLASSES (OPTIONAL)

Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

#### SUNSCREEN

SPF 30 or higher broad spectrum, water resistant sunscreen is available for staff and children to use.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors.

Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.



# Booleroo Centre District Kindergarten and Rural Care, Incorporating Melrose Rural Care

## ENROLMENT

Upon enrolment families are:

- Informed of this policy and asked to provide a suitable hat and clothing that is cool and covers shoulders, chest, upper arms and legs.
- Required to give permission for staff to apply sunscreen to their child.
- Encouraged to follow the policy themselves when at the service.

## WHS & ROLE MODELLING

When the UV level is 3 or above, staff wear hats, protective clothing, sunscreen clothing and sunglasses when outside. Visitors are asked to do the same.

## PLANNED EXPERIENCES

Sun protection and vitamin D are incorporated into the learning and development program.

The SunSmart policy is reinforced through staff practices, routines and displays/visual reminders.

Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.

### **Marianne Clarke**

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