



# Brentwood Drive Kindergarten

## SunSmart policy

**At Brentwood Drive Kindergarten sun protection is used during terms 1, 3 and 4 and whenever UV radiation level is 3 or above at other times. This protection includes a combination of sun smart clothing, hats, play in the shade and sunscreen.**

This policy applies to all kindy events on and off-site.

### 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.

### Objectives

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 radiation exposure to help maintain vitamin D levels
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the Centre's SunSmart policy.

### 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 SunSmart 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:** Governance and leadership

### 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 when the UV radiation level is 3 or above at other times. This protection includes a combination of sun smart clothing, hats, play in the shade and sunscreen. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.

#### 1. Clothing

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

When outside, children are required to wear comfortable 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 style top or dress, they will be asked to wear a t-shirt/shirt over the top before going outdoors. Educators can provide a suitable t-shirt if a child does not have one.

## 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. Speak to staff if your child has allergies to certain sunscreen
- families are requested to apply sunscreen prior to attendance each day, kindy sunscreen can be used if needed
- sunscreen is applied at least twenty minutes before going outdoors, and reapplied every two hours if remaining outdoors
- with parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements
- children are encouraged to apply their own sunscreen under the supervision and support of staff.

## 3. Hats

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

All children are required to wear hats that protect their face, neck and ears. Broad brimmed or bucket hats are recommended.

Bucket hats are available for purchase directly from the Kindy.

## 4. Shade

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

### Quality area 3: Physical environment

- a shade audit is conducted regularly to determine the current availability and quality of shade
- staff make 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 monitored during higher UV days and conducted in the shade where possible
- 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. 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 six months and older.

## 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 SunSmart 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 at enrolment 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 attending kindy.

## 7. 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 will respond according to the conditions and:

- wear sun protective clothing including a hat
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

## 8. 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 SunSmart 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 the Centre's website.

## 9. Policy review

### Quality area 7: Governance and leadership

Management and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years).

**Ratified May 2021**

**Review date May 2023 (unless required earlier)**