



Callington Kindergarten and Occasional Care Sun Protection Policy

Policy Number

Reviewed and Updated 02/2021

Link to NQS for ECE

2.1.1
2.3.2
3.1.1
3.1.4
6.1.1
6.1.3
6.2.2
7.3.2

Policy statement

- Callington Kindy has a duty of care to ensure that all children and staff are protected from overexposure to UV radiation whilst at the centre, by using a combination of sun protective measures when the UV index is 3 and above.
- In line with Department for Education and Cancer Council SA Guidelines, and this Centre's SunSmart status, this policy is implemented in terms 1, 3 and 4, and whenever the UV is 3 and above at other times. To assist with production of vitamin D, sun protection is not required during term 2, when the UV is below 3. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.
- To assist with implementing this policy staff are encouraged to access the daily sun protection times via the free SunSmart app, www.myuv.com.au or www.bom.gov.au.
- It is understood by staff/carers, children and families that there is a shared responsibility between the service and other stakeholders that the Sun Protection Policy and procedures are accepted as a high priority.
- In meeting the kindergarten's duty of care, it is a requirement under the Work Health & Safety Act 2012 (SA) that management and staff implement and endorse the service's Sun Protection Policy, and ensure a level of protection to all persons who access the service's facilities and/or programs.

Rationale

Australia has the highest incidence of skin cancer in the world, with two out of three Australians developing some form of skin cancer before the age of 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is therefore preventable.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the Kindergarten community to use effective skin protection.

Strategies and practices

The aims of the Callington Kindergarten Sun Protection Policy are to promote among staff, children and parents;

- Positive attitudes towards skin protection
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels are 3 and above
- Assist children to be responsible for their own sun protection

Work towards a safe outdoor environment that provides shade for children and staff at appropriate times.

Managing the physical environment

Shade provision, outdoor play and outdoor play equipment

- Staff will utilise the shaded areas of the outdoor environment for play.
- A combination of sun protection measures including the availability of shade will be considered when planning and programming for outdoor play experiences or excursions.
- Outdoor equipment that is not fixed will utilise the shaded areas of the outdoor environment at all times of the day.
- The kindergarten will continually assess the shade coverage of the outdoor play environment and seek avenues to improve the conditions if required.
- Care is taken during peak UV radiation times and the service will plan and program for outdoor play experiences and excursions outside of these times, where possible.
- Outdoor play equipment that is fixed will be monitored for usability throughout the day by staff/carers.
- Infants less than 12 months of age are not exposed to direct sunlight when the UV is 3 and above. Staff/carers will ensure that the infants outdoor play environment utilises as much dense shade as possible.

Protective behaviours and practices

Hats

- All children must wear an approved sun protective hat that is either: a broad-brimmed, bucket or legionnaire's style, when outdoors.
- It is recommended that a sun protective hat adequately covers the face, back of the neck and ears.
- **Due to the risk of children becoming entangled in hat cords and choking, the service recommends that the cords are removed from hats.**
- Children who do not have a hat will be asked to play indoors, however this may not always be possible due to staffing ratios. Therefore, children without hats will be restricted to shaded

areas when outdoors if children cannot be supervised indoors, or provided with a sun safe Kindy hat.

- Spare hats may be available for children who do not have a hat. The service will ensure that hats are laundered after each use to minimise cross infection (for example, head lice).

Clothing

- The Kindergarten will provide all children free of charge a broad brimmed sun hat to use at kindy – this hat must stay at kindy but will become the property of the child when they transition to school.
- Clothing should be loose fitting and made from closely woven fabrics assist in protecting children from exposure to the sun.
- Children are encouraged to wear shirts have a collar to protect the nape of the neck and longer sleeves (at least elbow length).
- Children are also encouraged to wear longer style skirts and shorts.
- **Sleeveless shirts, dresses and singlets are not considered as appropriate clothing to protect children from the sun. Children may need to change their clothing or not be allowed to access outdoor play.**
- All infants under 12 months) must not be exposed to direct sun, and must be -covered at all times by clothing, hats and wraps. Sunscreen can be applied to small areas of exposed skin, not protected by clothing or hats, for infants 6 months and older.

Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is applied to exposed skin of children.
- The kindergarten does supply sunscreen. Parents are encouraged to apply sunscreen to their child at the start of each session.
- Permission will be sought at enrolment from the family for the service to apply sunscreen.
- Sunscreen must be applied at least 20 minutes before commencing outdoor play (or as per manufacturer's instructions).
- Sunscreen must be reapplied every two hours if remaining outdoors. Some children may present with an allergic reaction to sunscreen. In this situation, the service will stop applying the sunscreen, notify the family and request that a hypoallergenic sunscreen be supplied by the family for the child to use.

Eye protection

- The kindergarten supports the use of a sun protective hat to protect eyes from UV radiation.
- If sunglasses are worn when persons are outdoors, the service recommends close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016. Novelty tinted glasses do not protect against UV radiation and are not recommended for sun protection.

Role modelling by staff, carers, students and volunteers

- Children learn through example and role modelling is an important strategy in children's services to maintain quality standards.
- Staff, students and volunteers must comply with the Sun Protection Policy as per the-Work Health & Safety Act 2012 (SA).
- Staff, students and volunteers must wear a sun protective hat and clothing, apply SPF30 or higher broad spectrum, water resistant sunscreen, and seek shade whenever possible when supervising outdoors or facilitating children's play experiences and excursions. It is recommended that appropriate sunglasses are worn when outdoors.

Children

- Children's play and learning experiences will reflect the importance of sun protection behaviours and practices.

Families

- Sun protection behaviours and practices are outlined in the Parent Handbook, enrolment forms, newsletters and excursion permission forms.
- Signed permission will be sought from families in the enrolment form so that staff can apply sunscreen to children's exposed skin areas (face, arms, hands, legs, back of the neck).
- Sun safety information will be displayed on notice boards.
- Families will be encouraged to implement the service's sun protection behaviours and practices when engaged in service experiences and excursions. For example, parents must wear a sun protective hat when volunteering on excursions.

Policy review

- The service will review the Sun Protection Policy and procedures, and related documents, including behaviours and practices every 12 months.
- Families are encouraged to collaborate with the kindergarten to review the policy and procedures.
- Staff are essential stakeholders in the policy review process and will be encouraged to actively be involved.

Links to other policies

- Allergies
- Enrolment of new children and families to the service
- Health, hygiene and wellbeing
- Meeting children's individual and group needs
- Work health and safety
- Physical activity and outdoor play environments
- Planning play experiences and excursions for children
- Protective behaviours
- Staff as role models

Sources and further reading


- Work Health & Safety Act 2012 (SA)
- Cancer Council SA. (2019). *Early childhood centre SunSmart policy guidelines*. Retrieved 4 March 2019, from <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/resources-early-childhood/>
- Cancer Council Australia. (2018). *Position statement: Sun protection in the workplace*. Retrieved 23 February 2018, from [https://wiki.cancer.org.au/policy/Position_statement_-_Sun_\(UV\)_protection_in_the_workplace](https://wiki.cancer.org.au/policy/Position_statement_-_Sun_(UV)_protection_in_the_workplace)
- Cancer Council Australia. (2018). *Position statement: Sun protection and infants (0-12 months)*. Retrieved 23 February 2018, from [https://wiki.cancer.org.au/policy/Position_statement_-_Sun_protection_and_infants_\(0-12_months\)](https://wiki.cancer.org.au/policy/Position_statement_-_Sun_protection_and_infants_(0-12_months))
- Cancer Council Australia. (2018). *Position statement: Risks and benefits of sun exposure*. Retrieved 23 February 2018, from https://wiki.cancer.org.au/policy/Position_statement_-_Risks_and_benefits_of_sun_exposure

- Cancer Council Australia. (2018). *Position statement: Eye protection from ultraviolet radiation*. Retrieved 23 February 2018, from [https://wiki.cancer.org.au/policy/Position statement - Eye protection](https://wiki.cancer.org.au/policy/Position_statement_-_Eye_protection)
- Cancer Council Australia. (2018). *Fact Sheet: Sunscreen*. Retrieved 23 November 2018, from [https://wiki.cancer.org.au/policy/Fact sheet - Sunscreen](https://wiki.cancer.org.au/policy/Fact_sheet_-_Sunscreen)

Policy created date 02/2021

Policy review date 02/2022

Signatures

Director:  Elise Couillard

Governing Council Chairperson:  Stephanie Evans