



Sun Protection Policy

This policy applies to all centre events on and off site from 1 August to 30 April and whenever ultraviolet (UV) radiation levels reach 3 or above at other times and NOT just during terms one and four. In extreme weather conditions staff will use their professional judgement along with the UV rating to make decisions.

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 protection 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***
- ***Support development and work towards a safe outdoor environment that provides shade for children and staff at appropriate times***
- ***Ensure children and staff have some UV radiation exposure for Vitamin D***
- ***Assist children to be responsible for their own sun protection***
- ***Ensure families and new staff are informed of the centre's sun protection policy***

Procedures

Staff will access the Sun Smart UV Alert at: <http://www.bom.gov.au/sa/uv> to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from 1 August to 30 April and whenever UV radiation levels reach 3 and above at other time.

1. Shade:

- A shade audit is conducted regularly to determine the current availability and quantity of shade
- Staff ensure there is a sufficient number of shelters and/or trees providing shade in the outdoor area
- 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 under the veranda or inside – No hat play in shade.

2. Clothing:

When outside, loose fitting clothing covering as much skin as possible should be worn. 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. Sleeveless clothing is only recommended to be worn inside. If needed, staff will provide spare hats and appropriate clothing if available.

3. Hats:

Children are provided with a hat upon enrolment. Additional hats are available for purchase at the centre. The preschool usually has a supply of clean spare hats to offer if needed.

4. Sunscreen:

- Children should arrive at preschool wearing SPF 30 or higher, broad spectrum, water resistant sunscreen or apply it upon arrival, when the UV rating is forecasted to be 3 or above
- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied after lunch if outdoors
- Children are encouraged to apply their own sunscreen under the supervision of staff

On enrolment families are:

- Informed of the centre's sun protection policy
- Notified that their child will be given a hat and also that replacement hats are available for purchase at the centre
- 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)
- Required to give permission for their child to use and apply the sunscreen provided by the centre
- Asked to provide SPF 30 or higher, broad spectrum and water resistant for their child if there is an allergy or sensitivity to the sunscreen being provided by the centre.
- Encouraged to practise sun protection measures when attending the centre.
- Advised that they need to apply Sunscreen at home, before coming to preschool.



Staff WHS and role modelling:

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

- Wear sun protective hats (minimum 6cm brim), clothing and sunglasses when outside
- Apply SPF 30 or higher, broad spectrum and water resistant sunscreen
- Seek shade whenever possible

Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service and the UV radiation levels are 3 and above.