

Sun Protection Policy

National Quality Standard 2.3 Regulation 168 (2) (a) (ii) Related Key Regulations: 114

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.

Cancer Council SA advises that we protect our skin when UV radiation levels are 3 and above. UV levels are always at their highest over the middle of the day, so it is recommended to monitor levels by looking at the daily sun protection times via [SunSmart app](#) or [Bureau of Meteorology or MyUV.com.au](#). It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development.

Ultraviolet (UV) radiation is the part of the sunlight that causes damage to your skin. When the UV radiation level reaches 3 and above, it is strong enough to cause damage to unprotected skin. In South Australia the UV radiation levels are 3 and above from the beginning of August until the end of April. There are also times in May when the UV radiation level can reach 3 and above so there is a need to monitor the UV radiation levels during May. When the UV level is below 3, no sun protection is required and it's the best time to absorb vitamin D from the sunlight.

Objectives

This SunSmart policy has been developed to:

- Encourage children and staff to use a combination of sun protection measures whenever UV 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
- 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: Leadership and service management

Procedures

Staff are encouraged to access the daily sun protection times from www.bom.gov.au/sa/uv/ or the [SunSmart app](#) 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 of the year. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these time where possible.

Implementation

Kalangadoo Kindergarten's Skin Protection / Sun Safe Policy is in place during terms 1, 3 and 4 (August until the end of April) and whenever the ultraviolet (UV) radiation levels reach 3 or above at other times.

Individuals are expected to follow our policy both on and off site at Kalangadoo Kindergarten's related events and excursions.

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 they wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

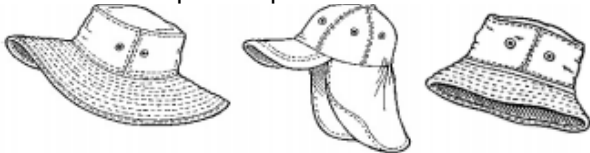
Quality area 2: Children's health and safety

- Please apply sunscreen at home before coming to Kindergarten. If your child is allergic or sensitive to any sunscreens please notify staff and supply your own sunscreen in your child's bag.
- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use
- Sunscreen is applied at least twenty minutes before going outdoors and applied at healthy snack time and lunch time and more often if outdoors for extended periods or during water activities
- Parents of children with naturally very dark skin should discuss vitamin D requirements with their medical practitioner to assist making informed decisions around sunscreen use.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision 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, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. Hats are worn all year round.



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
- 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
- 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 a suitable area protected from the sun.

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.

6. 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.

7. 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. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child
- required to give permission for staff to apply sunscreen to their child 20 minutes prior to going outdoors when the UV is 3 and above
- 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 centre, so as to role-model SunSmart behaviours.

8. 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 levels are 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

9. 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.

10. Policy review

Quality area 7: Leadership and service management

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

Hot Weather recommendations:

During hot weather hydration is a priority, so drinking plenty of water is encouraged.

Heat stress will be considered in hot weather and hats and shade will be encouraged to protect the children from the heat of the sun.

Hot Weather Policy

We recognise that children are at greater risk than adults from suffering from heat-related illness in very hot weather. Therefore on very hot days we will:

Conduct outdoor learning activities in shaded areas of the preschool yard

Encourage children to drink water more frequently and enable access to safe drinking water at all times

Encourage parents to dress their children appropriately in light clothing that is sun safe

Encourage parents to pack lunches in insulated containers with a freezer brick, or to utilise the kindergarten fridge for storing lunchboxes

While our air conditioning is working efficiently, kindergarten will not be cancelled on days of extreme heat. If there is a breakdown or power blackout, and the temperature is over 36°C then staff will contact parents to collect their children.

REVIEWED- 07/06/17