



# **MINLATON DISTRICT EARLY LEARNING CENTRE**

## **SUN PROTECTION POLICY**

### **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 risk 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. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

The Department for Education is committed to providing and maintaining a safe and healthy environment for its employees, children and visitors. This will be achieved through an effective preventative approach to the management of exposure to UV radiation and the sun.

### **Objectives**

This Sun Protection Policy has been developed to:

- Encourage children and educators 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 educators at appropriate times
- Assist children to be responsible for their own sun protection
- Ensure families, new educators and visitors are informed of the centre's sun protection policy.

### **Implementation**

This policy will be implemented be used during 1<sup>st</sup> August to 30<sup>th</sup> April and whenever UV levels are 3 and above: It is an expectation that all educators, children and families of Minlaton District Early Learning Centre will use the following sun protection strategies:

#### **Information to families:**

- Educators will display the days UV level near the sign on sheet and the sunscreen station informing parents and children whether hats and sunscreen need to be worn/applied.
- The Sun Protection Policy will be given to all families on enrolment and reinforced in a positive way through newsletters and noticeboards, and will be available in writing to parents on request.
- Learning about ways to protect skin from the sun will be incorporated into programmed activities and educational material is available.
- Educators are required to model SunSmart behaviours, and families and visitors are encouraged to model SunSmart behaviours (wearing sun protective clothing, sunscreen, appropriate hats, sunglasses and seek shade) whilst in the centre and participating in centre activities which is also a part of WHS.

#### **Outdoor learning**

- Educators will monitor UV alerts on a regular basis to guide in planning outdoor activities. This could be accessed through the Bureau of Meteorology website at [www.bom.gov.au](http://www.bom.gov.au) or through the SunSmart app. These sites will provide information on when and when not to use sun protection in real times.
- Children and adults will be encouraged to use shaded areas to avoid direct sun and the direct heat of the day.
- Staff will set up outdoor activities in the shade and direct children to use shaded areas, between 10.00am and 3.00pm, particularly whenever UV level is 3 and above.
- The availability of shade will be considered when planning all outdoor excursions and activities. Portable shade structures may be used if the area does not have much natural or artificial shade.
- Children and staff participating in excursions will be covered by the policy and appropriate hats, sunscreen and protective clothing should be worn on all excursions.
- A shade audit will be conducted regularly to determine the current availability and quality of shade.

#### **Sunscreen**

- Broad spectrum SPF 30+ or above is available for use by children, families and educators at the sunscreen station. If families have not applied sunscreen at home children are supervised to apply sunscreen on arrival from 8:45am.
- Sunscreen will be liberally reapplied before lunchtime to children attending a full day, which is 20 minutes before they go back outside. Sunscreen will also be reapplied when children are outside for an extended period of time (every 2 hours) and when children are involved in water play.
- Children will be taught how to apply sunscreen liberally via a step-by-step instruction lessons during the first 2 weeks of Term 1 and then reminded again during Term 4.
- Considerations for children's individual needs are discussed by the parent with staff. Parents may provide sunscreen from home to be applied on their child.
- If a parent specifically requests that sunscreen is not applied to their child due perhaps to their cultural norms or a severe allergy, consultation with the parent will decide whether the child will be permitted to play outside. If

the parent wishes their child to play outside appropriate clothing will be discussed and staff will ensure a well shaded area for their play. To ensure duty of care to the child, the parent will be notified in writing of a recommendation that precautions against harmful UV rays should be taken.

- Families will give permission for educators to assist in the application of sunscreen to their child

### **Hats**

- The centre will provide a named bucket hat for each Kindy enrolment that is to be kept at Kindy every day. These will be available for the start of the Kindy year, therefore parents will need provide a broad brimmed, bucket or legionnaire styled hat (with no under the chin string) for Occasional Care children and when children attend the Pre Entry sessions.
- Named bucket hats are available for families to purchase for Occasional Care children.
- Suitable hats are to be worn outside at all times of the year, when the UV rays are 3 and above regardless of weather.
- Spare hats will be available for emergency use and will be individually named for the time being used.
- Hats will be washed each term and when the need arises eg. after a case of head lice or if they are visibly dirty.

### **Clothing**

- Children are encouraged to wear sun protective clothing with collars, longer sleeves and longer styled shorts and skirts to ensure that shoulders, neck and back are covered.
- Mid-riff and singlet tops are inappropriate clothing as they do not provide adequate protection from the sun and children wearing these types of clothes to the Centre will be provided with additional or replacement clothing to wear whilst outdoors and parents will be informed.
- Educators, parents and children are encouraged to wear sun protective sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (lens category 2, 3 and 4) when it is safe and practical. Novelty tinted glasses do not protect against UV radiation and are not recommended.

### **Babies**

- Infants (under the age of 12 months) should be kept out of the direct sunlight as much as possible when the UV radiation is 3 and above.
- Infants should be protected 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.

### **SOURCES**

*The Cancer Council SA – [www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart)*

*Generation SunSmart – [generationsunsmart.com.au](http://generationsunsmart.com.au)*

*Be SunSmart Play SunSmart –*

*[cancersa.org.au/uploads/sunsmart/A4P\\_BeSunSmart\\_PlaySunSmart\\_ECR\\_document\\_WEB.pdf](http://cancersa.org.au/uploads/sunsmart/A4P_BeSunSmart_PlaySunSmart_ECR_document_WEB.pdf)*

*SunSmart app*

**Chairperson, Governing Council**

**Centre Director**

**Policy Creation Date:**

July 2011

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March 2018; March 2020 May 2023

**Next Policy Review Date:**

May 2026