



Penneshaw Kindergarten

Sun Protection Policy

This policy applies to all service 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 in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV 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.

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
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- ensure all children and staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the service's Sun Protection Policy.

Procedures

Staff are encouraged to access the daily sun protection times on the SunSmart app, or at bom.gov.au/uv/index.shtml to assist with implementing this policy.

We use a combination of sun protection measures for all outdoor activities during the 1st August until 30 April and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

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 collars and elbow length sleeves, 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

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

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.

4. Shade

Quality area 2: Children's health and safety

Quality area 3: Physical environment.

- Management ensures 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 the shade or 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 1067:1.2016 (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, for infants 6 months and older.

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 Sun Protection 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)
- required 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 participating in or attending outdoor activities with the centre.

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 is 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 is incorporated into the learning and development program.
- The Sun Protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through seesaw, noticeboards and the centre's website.

10. Policy review

Quality area 7: Governance and leadership

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

Policy accepted: 6th August 2020

Date of next policy review: August 2022

Relevant resources

- **SunSmart UV Alert:** available as a free SunSmart app, online www.cancersa.org.au/sunsmart-apps in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Be SunSmart, Play SunSmart** by Anne Stonehouse Includes suggested play experiences to help encourage children to play the SunSmart way and incorporates concepts from the new learning and development frameworks. (See link below.)
- **Creating effective shade:** This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve shade: <http://www.sunsmart.com.au/shade-audit/>
- **A range of resources for early childhood services** is available at <https://www.sunsmart.com.au/communities/early-childhood-schools>
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