

Port Broughton Kindergarten

SunSmart Policy



We recognise the sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk, and damage from UV radiation is cumulative and irreversible. The purpose of this policy is to ensure that all children and adults are protected, as much as possible, from skin damage caused by sun exposure.

In line with DECD and Cancer Council SA guidelines, and our SunSmart status, this policy will be in place from 1 August to 30 April and whenever UV levels reaches 3 and above at other times. Staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy.

DURING ALL TERMS...

- j Children will wear broad-brimmed or legionnaires style hats whenever they are playing or doing activities outside from 1 August to 30 April, and when the UV rating is 3 or above. Caps/beanies are not acceptable as they do not protect the sides of the face, ears or necks. In winter months of May-July when UV levels are normally 2 and below, children may take off hats and sunscreen to promote vitamin D absorption which is necessary for building strong bones and for general well-being. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.
- j When UV level is 3 and above, children will be encouraged to play in the shade.
- j Outdoor activities will, where possible, be held in shady areas or reschedule outside of peak UV radiation times of the day.
- j Children without a hat at Kindy will need to play inside, under the verandah or use a spare hat.
- j Teaching sun protective behaviours will be a part of the children's activities, lessons and programs.

Parents and Caregivers will:

- j Provide a named hat every day that is either broad-brimmed or legionnaire style. This hat can be left at Kindergarten in their named locker. Hats in an approved style are available for purchase at the Kindy.
- j Clothe their children in protective/appropriate clothing -shirts and tops with collars and longer sleeves and longer styled shorts and dress are best.
- j Apply SPF 30+ Broad Spectrum water resistant sunscreen to their children before coming to kindergarten.
- j Be a good role model for the children and wear hats, sunscreen and sun protective clothing themselves especially when attending the centre's programs and activities.
- j Inform staff of any allergies their child may have to sunscreen.
- j SunSmart information will be given to parents at meetings, through newsletters, etc

Staff and volunteers at Kindergarten will:

Be a good role model for the children and wear hats, sunscreen and appropriate clothing for outdoor activities, and seek shade when outdoors.

Ensure children wear their broad-brimmed or legionnaires style hats and play in shady areas.

Re-direct children inside if they don't have their broad-brimmed or legionnaires style hat at Kindy.

Help children re-apply their sunscreen 15-20 minutes before going outside, re apply sunscreen every two hours if playing outside for an extended period of time or if involved in water activities.

Keep a supply of SPF 30+ Broad spectrum, water resistant, sunscreen at the centre. It would be kept in a cool, dry place and regularly checked for expiry date.

Set up equipment in shady areas and move throughout the day if necessary.

Reschedule outdoor activities to avoid peak ultra-violet radiation times.

Staff, volunteers and children are encouraged to wear sunglasses with EFP 10 and category 2, 3, 4 when it is safe and practical.

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Signed:

Chairperson - Governing Council (Jessica Ervin)

Director - Port Broughton Kindergarten (Holly Bowey)