



## Sunsmart – Skin Protection

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Signed: A Tyler

Director

**National Quality Standard 1 3 5 6 7**

**Regulation 167 100 113 114 168**

Signed: G D'Agostino

Chairperson

Review Date: August 2024

### 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 Sunsmart - Skin Protection Policy has been developed to

- Encourage children and staff to use a combination of sun protection measures whenever the UV Index levels reach 3 or 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 this Sunsmart- Skin Protection Policy

### Procedures

Staff are encouraged to access the daily sun protection times to assist with implementation of this policy. We use a combination of sun protection measures for all outdoor activities during terms **1,3 and 4** and whenever UV radiation levels reach **3 and above** at other times.

### Clothing

When outside, children are required to wear loose fitting clothing that covers 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 strappy dress, they will be given a t-shirt/shirt to wear over the top before going outdoors or asked to play under the verandah or inside.

### Sunscreen

- SPF 30 or higher, broad-spectrum water-resistant sunscreen is available for staff and children to use
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied as required – every 2 hours during daily sun protection times if remaining or returning outdoors, or immediately after water-based activities or being wiped off
- Children, once old enough, are encouraged to apply their own sunscreen under supervision of staff

### Hats

All children are required to wear the legionnaires hat provided to them

### **Shade**

- A shade audit is conducted to determine the current availability and quality of shade
- Management makes sure there is enough numbers of shelters and trees providing shade in the outdoor area
- The availability of shade is considered when planning excursions and outdoor activities
- Outdoor activities are scheduled outside of peak UV radiation times or in the shade where possible
- Children are encouraged to use available areas of shade when outside
- Children who refuse to wear their hat are to play under the verandah or inside.

### **Sunglasses (optional)**

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

### **Playgroup**

Our Sunsmart practices consider the needs of all babies and infants. Playgroup families are encouraged to protect babies and infants by using shade, clothing, hats and the application of sunscreen on infant aged 6 months and older to small areas of exposed skin not protected by hats or clothing.

### **Enrolment**

When enrolling their child, families are:

- Advised that their child is provided with a suitable hat by the kindergarten
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible
- Asked to apply sunscreen to their child before coming to the kindergarten
- Notified that the kindergarten provides SPF 30 or higher broad spectrum, water resistant sunscreen for their child
- If a child has an allergy to the sunscreen brand provided, parents are asked to provide an alternative SPF 30 or higher broad-spectrum water-resistant sunscreen for their child.
- Required to give permission for staff to supervise their child applying sunscreen at lunchtime or when required
- Families and visitors are encouraged to use a combination of sun protection measures while attending the kindergarten

### **Staff WHS and role modelling**

Staff will wear protective hats, clothing and sunglasses when outside, apply SPF 30 or higher broad spectrum, water resistant sunscreen and seek shade where possible

### **Education**

Sun Protection and Vitamin D are incorporated into the learning and development program. The SunSmart – Skin Protection 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 newsletter, noticeboards, and the kindergarten website.

**Policy Review** - Every 3yrs with the Cancer Council SA, endorsed by Governing Council.