

Salisbury Kindergarten

SUNSMART 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.

Objectives

This SunSmart 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 that families and new staff are informed of the service's SunSmart Policy.

We use a combination of sun protection measures for all outdoor activities whenever UV levels reach 3 and above. Sun safety is embedded in our curriculum. We have a poster at the site which displays the UV reading for the day and if children need to wear a hat. This poster is displayed all year round and we regularly have discussions about what UV is and that the sun does not need to be out for the sun's rays to damage our skin. We regularly talk about the need to be hydrated with water and the effects on our bodies if we do not take care of ourselves. We incorporate a number of songs and stories into our regular program which reinforce the sun safe messages.

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- We ensure 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 are asked to play inside or under the verandah.

2. Clothing

- When outside, children are encouraged to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with short sleeves and if possible, collars and knee length or longer style shorts and skirts are best.

3. Hats

- **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. Sunscreen

- Parents will be responsible for applying sunscreen to children before they arrive for kindergarten. Sunscreen will be available for parents to use if required.
- Parents are welcome to provide their own sunscreen if their child has sensitive skin or requires specific sunscreen.
- Educators will support children to re-apply sunscreen prior to afternoon play when the UV levels are 3 or above.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

When enrolling their child, families are:

- Informed of the service'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. that cover the shoulders and chest, upper arms and legs)
- Required to give permission for staff to support children to re-apply sunscreen prior to afternoon play
- Encouraged to practice SunSmart behaviours themselves when at the service.

Staff Role Modelling

Staff will:

- Wear sun protective hats and clothing when outside
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible.