

Settlers Farm Campus Kindergarten SUN PROTECTION POLICY

Background

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

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 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.

Policy Statement:

Settlers Farm Campus Kindergarten recognises the value of play and learning in outdoor environments in a sun safe way.

At the Kindergarten we:

- encourage children and educators to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- provide a safe outdoor environment that ensures children and educators have sufficient shade and access to adequate sun protected areas
- ensure all children and educators have some UV radiation exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure families and new educators are informed of the centre's SunSmart Policy

This applies to all kindergarten activities and events, on and off site, all year long.

Implementation:

The purpose of the policy is to ensure that all members of Settlers Farm Campus Kindergarten (SFCK) are protected from skin damage caused by the harmful rays of the sun. When the UV is below 3, educators and children are encouraged to head outdoors without sun protection for vitamin D.

It is an expectation that all educators, children and volunteers of SFCK will use the following skin protection strategies:

- 1 Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above.
 - 1.1 The UV rating and the sun protection times are checked daily via sunsmart app and will be available on the notice board and family sign in space.
- 2 Actively encourage children to play in shaded areas when UV levels are 3 and above. The sandpit, platform, swing and verandah are shaded.
- 3 A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities. Other considerations include:
 - Eating lunch in a shaded area or inside
 - Schedule outdoor excursions earlier in the day, monitor weather and reschedule if extreme hot or wet weather occurs
 - Participate in outdoor activities earlier in the day or move indoors
 - Shade considered when planning outdoor activities
 - Allow play indoors
- 4 Wear appropriate clothing which protects the skin.
 - 4.1 Children, educators and volunteers will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities, between *1st August to the 30th April*, and when UV levels are 3 and above at other times. (Children who do not have appropriate hats are asked to play in a suitable area fully protected from the sun). When provided by families children can wear sunglasses to protect their eyes from the sun.
 - 4.2 When outside, children are encouraged to wear loose fitting clothing that covers as much skin as possible, e.g. no singlets, muscle/tank tops, or shoe string strap dresses/tops. Tops with collars or higher necklines and elbow-length sleeves, along with longer style shorts, dresses and skirts are preferred. A reminder note will be given to parents of children who attend in non-SunSmart clothing. Spare SunSmart clothing will be available at the kindergarten for children to wear outside on days when UV is 3 and above.
- 5 The kindergarten to provide broad-spectrum, water resistant sunscreen with an SPF of 30 or higher, for children to apply to clean, dry skin at least 20 minutes before going outdoors for activities, between *1st August to the 30th April* and reapplied every 2 hours when outdoors, and more often during water activities.
 - 5.1 Families are encouraged to apply sunscreen to their child before kindergarten, and sunscreen is readily available to access.

- 5.2 Children are provided with sunscreen at morning group time, lunch time and during afternoon outdoor play.
- 5.3 Educators will monitor the expiry date of sunscreen and discard when out of date and keep it in a place protected from heat.
- 6 Reinforcing the SunSmart message in the learning program. Kindy activities, displays, and in general kindy procedures are an important strategy in the adoption of skin protection behaviours.
- 6.1 Sun protection is incorporated into the curriculum program
- 6.2 The SunSmart policy is reinforced through educators and children's activities and displays
- 6.3 When enrolling their child, families are informed of the centre's Sun Protection policy. Educators and families are provided with information on sun protection and vitamin D through family newsletters, emails, noticeboards/displays, and the kindergarten website and Facebook page. Families are required to give permission for educators to apply sunscreen to their child, and/or provide own sunscreen if their child is allergic or skin condition.
- 6.4 For WH&S, educators, families and visitors are encouraged to role model sun protection practices when involved in outdoor play and events (on or offsite). This includes wearing a suitable hat, sun protective clothing, sunscreen, sunglasses (if practical) and seeking shade.
- 7 The 'Settlers Farm Campus Kindergarten's Sun Protection Policy' will be evaluated on a regular basis (at least every three years by Cancer Council SA's SunSmart Team) to ensure the policy remains current and relevant.
- 7.1 Policy amendments and discussions are shared with educators', families and discussed and endorsed at Governing Council meetings.

Legislation:

This policy relates to the following National Law and Regulations:

- Education and Care Services National Law Act 2011 (Authorised version No.015 incorporating amendments as at 30 March 2022.
- Section 167 –Offence relating to protection of children from harm and hazards
- Education and Care Services National Regulations 2011- Modified 1st March 2023
- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment
- Regulation 114 – Outdoor space–shade
- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedures to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.
- Work Health and Safety Act 2012

National Quality Standards:

This SunSmart policy and procedures link to:

Quality area 2: Children's health and safety.

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Leadership and service management

For more information please don't hesitate to contact:

Settlers Farm Campus Kindergarten 8280 6188 or 0448 192 082

For further information:

Cancer Council Helpline 13 11 20

or visit their website on: <https://www.cancersa.org.au/cut-my-risk/SunSmart/early-childhood-centres>

Reference:

SunSmart early childhood policy guidelines, Updated by Cancer Council SA, January 2020

Reviewed: 4th March 2020, 29th March 2023

Endorsed: 20th March 2020

To be reviewed: March 2026