

Taikurrendi Sun Safe Policy

Rationale

Ultra violet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our sun safe policy is implemented whenever the UV Index level reaches 3 and above*. Due to concerns about lack of Vitamin D children will not have sunscreen applied when levels are under the UV level index of 3.

Aim

Taikurrendi SunSafe Policy has been developed to ensure that all children and staff are protected from the damaging levels of ultraviolet radiation (UV) from the sun.

Our sun protection strategies

- All children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above*. Particular care is taken between 10am and 2pm (11am and 3pm daylight saving time) when UV Index levels reach their peak during the day.

Managing the physical environment-shade

- There are sufficient number of shelters and trees providing shade in the Taikurrendi CFC grounds.
- The availability of shade is considered when planning excursions and outdoor activities and risk assessment undertaken to maximize safety.
- Children are encouraged to use available areas of shade when outside. Children who do not have appropriate outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Protective behaviours and practices clothing

- When outside, children and staff are encouraged to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts are best.

Hats

- Children and staff are also required to wear hats that protect their face, neck and ears. (Please note: Baseball caps do not offer enough protection and are discouraged.)

Sunscreen

The preschool encourages parents to apply a broad-spectrum sunscreen with a SPF of at least 30+ to clean, dry skin, 20 minutes before going outdoors, on arrival or before arrival. Sunscreen will be reapplied every two hours if outdoors for a prolonged period.

Hot weather

Taikurrendi Family and Children Centre has a duty of care to children and staff to ensure their comfort, safety and welfare. This includes adequate protection against hot weather and/or extreme climate conditions including thunderstorms.

On days of extreme heat, children and staff are encouraged to do the following:

- **Remain in shaded areas during outside play times, and undertake only low-key activities.**
- **Stay hydrated by having access to and drinking plenty of water.**
- **Where possible, work in air conditioned spaces, offices or areas throughout the site.**
- **Wear adequate and appropriate sunscreen, clothing, eye protection and hat if it is absolutely essential to be outside for any reason.**
- **Outdoor play activities are to be modified, with frequent water breaks, to accommodate the heat.**

Review

Staff monitors and review the effectiveness of sun protection policy every two years or as new information is provided from DfE, Health agencies and Cancer Council SA and revise the policy when required.

[EDi policy link](https://www.edi.gov.au/parents-and-families/safety-and-wellbeing/sun-protection-schools-preschools-and-kindergartens)

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Review: 2024