



## Whyalla Stuart Early Childhood Centre Kindergarten Sun Smart Policy

29/8/2016

### **Rationale:**

This policy applies to all centre events on and off-site excursions. 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.

This policy has been established after consultation with staff, parents and caregivers, the Cancer Council SA SunSmart policy ([sunsmart.org.au](http://sunsmart.org.au), 2016) and DECD Inclement weather policy.

### **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 an outdoor environment that provides shade for children and staff at appropriate times.
- Encourage all children and staff to have some UV exposure for vitamin D absorption.
- Assist children to be responsible for their own sun Protection
- Ensure families and new staff are informed of the centre's Sun Smart Policy

### **Legislation**

This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010:*
  - °° Section 167 - Protection from harm and hazards
- *Education and Care Services National Regulations 2011:*
  - °° 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

### **National Quality Standards**

All of the following SunSmart 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

### **Procedures**

- Staff are encouraged to access the SunSmart UV Alert at <http://www.bom.gov.au/sa/uv> to find out daily local sun protection times to assist with the implementation of this policy.
- We use a combination of sun protection measures for all outdoor activities from 1 September to 30 April and whenever UV radiation levels reach 3 and above at other times.

#### **1. Clothing**

- When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended.

#### **2. Sunscreen**

- We encourage parents to apply sunscreen to children prior to attending Kindergarten.
- We will provide sunscreen for children who access lunch care during terms 1 and 4.

#### **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.
- The kindergarten supplies legionnaire and bucket hats for parents to purchase for their children.

#### 4. Shade

- Availability of shade is considered for outside activities
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

#### 5. Enrolment and information for families

When enrolling their child, families are:

- Informed of the centre's Sun Smart 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. covering the shoulders, chest, upper arms and legs)
- Asked to apply SPF 30 or higher, broad spectrum, water resistant sunscreen to their child.
- Asked to sign permission slip for the re-application of sunblock during lunch care.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing, hats and shade) when attending the centre.

#### 6. Staff WHS and role modelling

As part of WHS UV risk controls and role-modelling, when the UV radiation is 3 and above, staff:

- Wear sun protective hats and clothing when outside.
- Seek shade whenever possible.

#### 9. Education

- Sun protection and vitamin D are incorporated into the learning and development program.
- The Sun Smart 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 family newsletters, noticeboards and the centre's website.