

Williamstown Preschool Sun Protection Policy

Rationale:

Williamstown Preschool is committed to providing and maintaining a safe and healthy environment. We recognise the fact that too much high UV exposure in the first ten years of life is a major factor in determining future skin cancer risk. Too little UV exposure can lead to low vitamin D levels. Vitamin D is essential for healthy bones, muscles and general health.

Aims:

We therefore aim to promote positive attitudes and healthy practices towards sun protection and UV exposure.

Implementation

Children will:

- wear a Williamstown Primary School bucket hat (or suitable alternative) outside if the UV rating is 3 or above
- be encouraged to play in the shade/under the verandah On hot days (over temperature or UV 6+)
- be limited to play in the inside area only In extreme heat (36C),
- be frequently reminded to access drinking water from their water bottles

Caregivers will:

- Clothe their children in protective/appropriate clothing -shirts and tops with collars and sleeves are best (Preschool uniform is sunsafe collared design)
- Purchase a Williamstown Primary School bucket hat or provide an alternative to keep at Preschool.
- Apply SPF 30+ Broad Spectrum water resistant sunscreen to their children before coming to Preschool.
- Provide a named roll on SPF 30+ Broad Spectrum water resistant sunscreen for their child to keep at Preschool.

Staff will:

- Ensure families are provided with information about requirements of this policy on enrolment
- Be a good role model for the children and wear hats, sunscreen and appropriate clothing for outdoor activities.
- Ensure children wear their hats and play in shady areas/ inside as required.
- Supervise/ assist children re-apply their sunscreen 20 minutes before going outdoors, every 4 hours, when the UV is above 3
- Keep a spare supply of SPF 30+ Broad spectrum, water resistant sunscreen.
- Set up equipment in shady areas and move throughout the day if necessary.
- Schedule outdoor activities to avoid peak ultra-violet radiation times.
- Check the UV daily with children and ensure this is displayed to refer to (on chart/ whiteboard)
- Explicitly teach children to recognize and respond appropriately to signs of thirst, heat and fatigue.

Resources used for developing this policy:

Policy Area and Regulation:

Sun protection

Regulation 168(2)(a) (ii)

Department Information on Intranet:

Inclement weather and sun protection

Resources for developing policy:

Inclement weather procedure

Early childhood centre SunSmart policy

Early childhood centre SunSmart policy checklist

Early childhood centre SunSmart policy guidelines

Early childhood centre SunSmart implementation times

[Cancer Council](#)

[Cancer Council SunSmart policy information](#)

*At next review date we will apply to become a Sunsmart Centre (see Cancer Council SA website)