



## O'Halloran Hill Kindergarten Sun Protection Policy

This policy applies to all kindergarten 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 UVA 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 policy has been developed to:

- Encourage children and staff to use a combination of sun protection measures whenever the UV index levels reach 3 and above.
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times.
- Ensures all children and staff have some UVA exposure for vitamin D.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the site's Sun Protection Policy.

### Procedures

Staff will access the 'BOM' or similar website/app to find out the daily local UV index and sun protection times to implement this policy.

#### 1 Clothing - (Quality Area 2: Children's Health and Safety)

- 1.1 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.
- 1.2 Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best. [Singlet tops and dresses are not appropriate as these types of clothing increase the risk of excessive sun exposure].
- 1.3 Hooded tops must be free of drawstrings and cords.

#### 2 Hats - (Quality Area 2: Children's Health and Safety)

- 2.1 All children are required to wear hats that protect their face, neck and ears, ie legionnaire, broad-brimmed or bucket hats. [Bucket hats must have a deep crown and minimum 5cm brim for children under 5 years of age and 6cms for older children and adults]. Baseball or peak caps are not considered a suitable alternative.
- 2.2 Hats must not have chin straps, cords, drawstrings or toggles. Another option are hats that can be adjusted at the crown.
- 2.3 Children who do not have an appropriate hat will be asked to play in areas protected from the sun and a reminder note will be given out.

#### 3 Sunscreen - (Quality Area 2: Children's Health and Safety)

- 3.1 SPF 50 broad spectrum and water-resistant sunscreen is available for staff and children's use. [If a child cannot use this sunscreen due to allergies etc parents may supply their own sunscreen which is clearly labelled and given to staff to be applied].

- 3.2 Sunscreen is applied at least 20 minutes before going outdoors and reapplied as per instructions on packaging – every 4 hours if outdoors. [Sunscreen should be applied by parents before the children morning kindy session and again after lunch if signed permission has been given during stated applicable times].
- 3.3 Children, once old enough, are encouraged to apply their own sunscreen under supervision of staff.
- 3.4 With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- 3.5 If a child refuses to have sunscreen applied they will be asked to play in areas protected from the sun and parents will be informed.

#### 4 Shade - (Quality Area 2: Children's Health and Safety) (Quality Area 3: Physical Environment).

- 4.1 Children are encouraged to use available areas of shade when outside.
- 4.2 Shaded areas are a priority for our kindergarten and we will endeavor to maximize shaded areas by: maintenance of structures and natural shade.
- 4.3 Children who do not have appropriate hats or clothing are asked to play in the shade or other suitable areas protected from the sun.
- 4.4 The availability of shade is considered when planning excursions and all other outdoor learning experiences.

#### 5 Babies (Quality Area 2: Children's Health and Safety).

- 5.1 Parents/carers attending Playgroup sessions with the children will be responsible for ensuring appropriate sun safe strategies are followed/adopted.
- 5.2 All babies under 12 months should be kept out of direct sun when UVR levels are 3 and above.
- 5.3 Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats, where necessary.

#### 6 Information for families (Quality Area 6: Collaborative partnerships with families and communities)

- 6.1 Informed of the site's Sun Protection Policy
- 6.2 Asked to provide a suitable hat for their child.
- 6.3 Asked to provide their children with suitable clothing that is cool and covers as much skin as possible.
- 6.4 Asked to apply SPF 30 or higher prior to their child attending kindy.
- 6.5 Asked to provide SPF 30 or higher (in date), broad spectrum, water resistant (named) sunscreen to their child if they are unable to use what is provided which is kept on site for the duration of their enrolment.
- 6.6 Required to give permission for staff to apply sunscreen to their child.

#### 7 Staff (Quality Area 5: Relationships with Children)

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

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

#### 8 Education - (Quality Area 1: Education program and practice) (Quality Area 5: Relationships with Children) (Quality Area 6: Collaborative partnerships with families and communities)

- 8.1 Age appropriate information on sun protection and vitamin D is incorporated into children's learning programs.
- 8.2 Staff and families are provided with information on sun protection and vitamin D through notes, noticeboards etc.
- 8.3 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.

#### 9 Policy Review (Quality Area 7: Leaderships and Service Management).

Site manager and staff will monitor and review the effectiveness of the O'Halloran Hill Kindergarten Sun Protection Policy at least every three years and revise the policy when required.

This policy is based on Cancer Council SA's 'sample SunSmart Policy for Early Childhood Centres'. Cancer Council Helpline 13 11 20 website: [www.sunsmart.org.au](http://www.sunsmart.org.au) or [www.cancersa.org.au](http://www.cancersa.org.au)