



## O'Halloran Hill Kindergarten Sun Protection Policy

This policy applies to all kindergarten events on and off site (including excursions).

### 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 UV 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 UV 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.

### Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as excursions.

Care is taken during peak UV radiation times and outdoor activities are scheduled outside of these times where possible or in the shade.

### Sun Protection measures

#### 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 2 hours if outdoors. Sunscreen will be applied with staff assistance before fruit time and as part of relaxation time.
- 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 When enrolling their child families are 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 50 or higher prior to their child attending kindy.
- 6.5 Asked to provide SPF 50 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 50 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 Promotion and Review (Quality Area 7: Leaderships and Service Management).

Sun protection information and the sun protection policy is regularly promoted to the whole centre community including staff, volunteers and families through enrolment packs, website and via emails.

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)

## **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
- Regulation 170 - Policies and procedure 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

All of the following sun protection 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: Governance and leadership.