

# Sun Protection Policy

## 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 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.

## Objectives

This sun protection 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
- support development and work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- ensure all children and staff have some UV radiation exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the centre's sun protection policy.

## Procedures

Staff are encouraged to access the Sun Smart 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. UV rating is displayed on the whiteboard in the staff room daily.

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. Shade

- The availability of shade is considered when planning excursions and all other outdoor 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 under the veranda or inside, staff will support children to access spare clothes and hats – No hat play in shade”.

### 2. Clothing

When outside, loose fitting clothing that covers as much skin as possible should be worn. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best. Sleeveless clothing can only be worn indoors.

The preschool has appropriate UV protective shirts for sale and sun safe clothing will be offered if needed and available.

### 3. Hats

All children are allocated a bucket hat and encouraged to wear it during outdoor experiences throughout the year. Bucket style hats are available for sale and included in first term fees, spare hats are available if required. Children's hats remain on site.

### 4. Sunscreen

- Children should arrive at preschool wearing SPF 30 or higher broad spectrum, water resistant sunscreen or apply it on arrival, when the UV rating is forecasted to be 3 or above.
- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 3 hours.
- Children are encouraged to apply their own sunscreen under the supervision of staff.

## On enrolment families are:

- Informed that each child has their own hat with their name on it that remains on site and the fee is added to the first term fees
- 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)
- Required to give permission for their child to use and apply the sunscreen provided by the centre
- Asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child if there is an allergy or sensitivity to the sunscreen being provided by the centre.

## Staff WHS and role modelling

As part of WHS UV risk controls and role-modelling, when outside, staff:

- wear sun protective hats (minimum 6cm brim) and clothing when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen

Families and visitors are requested to use a combination of sun protection measures when attending the service and going outside.

## Planned experiences

- Sun protection and vitamin D are incorporated into the learning and development program.
- The sun protection policy is reinforced through staff and children's activities and displays.