



# Victor Harbor Community Kindergarten

## QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

### Sun Protection Policy

*Updated 21-2-2023*

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#### Purpose

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Australia has the highest skin cancer rate in the world, and it is now evident that exposure during childhood is a critical factor. Victor Harbor Community Kindergarten aims to support and promote sun protection by encouraging all children to wear appropriate wide brimmed hats, sun safe clothing and sunscreen while at the centre.

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#### Procedures

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##### Implementation times

A UV Index level of 3 is high enough to cause damage to unprotected skin, therefore skin protection measures are important whenever the UV Index reaches 3 and above. In South Australia, UV averages 3 and above from the beginning of August to the end of April, coinciding with school terms 1, 3 and 4. UV can also reach 3 and above in May, therefore it is important to monitor UV levels during May, to determine if sun protection is necessary.

Therefore, our centre uses a combination of skin protection measures in terms 1, 3 and 4 and whenever UV levels reach 3 and above, at other times. Staff are encouraged to use the SunSmart app to monitor UV levels during May to determine if sun protection is necessary.

Daylight savings and non-daylight-saving times differ. For daylight savings peak UV times are 11am-3pm and for non-daylight savings times are 10am-2pm.

##### UV Radiation

1. UV radiation is present all year round and therefore the centre will promote sun protection each day of the year. Weather conditions are not an accurate guide to the potential for skin damage, as even on overcast days UV radiation levels can be high.
2. There is no relationship between UV radiation and temperature, therefore daily routines will be adapted to take extra care, by scheduling outdoor activities outside of the peak UV radiation times ( ) where possible, or in the shade, when ultraviolet radiation is Level 3 (moderate) or above.
3. A combination of skin protection measures is considered when planning outdoor activities including excursions and water-based activities.
4. The Director of the centre will monitor the daily UV Index for Victor Harbor and assist staff to prepare for the outdoor learning environment
5. The centre will provide adequate SPF30 or higher sunscreen for staff and children to use (Pharmacy Care Sunscreen Lotion 30+) before going outside. This will assist in reducing the exposure of UV radiation on the children and staff.
6. Sunscreen will not be applied on days where the UV rating is below 3.
7. Sunscreen will be applied according to manufacturer's directions which state to apply at least 20 minutes before going outdoors and reapply every 2 hours (or after sweating, towel drying or swimming).
8. Sunscreen is stored in a supervised, cool place out of the sun and the expiry date is monitored.
9. Sunscreen will be tested before it is applied.
10. Staff will use the Cancer Council SunSmart APP to assess rating levels during the colder months –May to September- and apply sunscreen only if the UV rating levels are at 3 or above.

11. Staff will be aware of shade patterns during the day and locate outside activities accordingly. Children will be actively and positively encouraged to use shaded areas when playing outside.
12. The Director will make sure that there is a sufficient number of shelters and trees providing shade in the outdoor area particularly in high-use areas.
13. Staff will use their discretion when it comes to restricting outside play on extremely hot days or days where the UV rating level is dangerously high.
14. Children are encouraged to choose and use available areas of shade when outside.
15. The centre's sun protection policy is regularly reinforced and promoted to the whole centre community including staff, volunteers and families through newsletters, the centre website or forum.

## Protective Clothing

1. The children will be encouraged to wear protective clothing during the day. **Clothing** is an essential sun protection strategy and should cover as much of the skin as possible when outdoors.
2. Clothing should cover the child's shoulders at all times. Tank tops, sleeveless dresses and singlets are not considered suitable coverage. Staff will provide a t-shirt over the top of clothing if their clothing is unsuitable
3. **Shoes** that are enclosed are highly preferable over open shoes, such as sandals.
4. Parents are to ensure they provide their child with a named **sun hat** at all times. The best options include wide brimmed hats, bucket hats or legionnaires hat (without a cord to reduce the risks of choking hazards)
5. **Sun hats** are **mandatory** during Term 1, 3 and 4. During Term 2 hats and sunscreen are not necessary unless the UV rating is forecast to reach 3 and above. The UV index will be monitored in May (term 2).
6. Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun, alternatively, when possible children without a sun-protective hat will be provided with one.
7. Research has shown that all children need a certain level of sun exposure to build and maintain adequate Vitamin D levels. Where the UV Index is forecast to reach 3 or above sunscreen will be applied.
8. Families who attend excursions and functions at the centre will be encouraged to wear sun smart clothing and hats.
9. For Work, Health and Safety and role modelling, when the UV is 3 and above, staff will wear sun smart clothing and hats, sunglasses (optional), apply sunscreen and seek shade while outside. This will ensure UV risk controls are met for staff and set a good example for the children to follow.

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## Educator Responsibilities

1. In consultation with the service's committee, shade provision is considered in future plans and upgrades.
2. Shade assessment is conducted regularly to determine the current availability and quality of shade.
3. Children aged three years of age are encouraged to apply their own sunscreen.
4. Children are encouraged to wear-loose fitting, wrap-around sunglasses that meet the Australian standards.
5. Sun protection is incorporated into the learning and development program.
6. The Sun-Smart Policy is reinforced by educators and through children's activities and displays
7. Educators encourage children to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
8. Educators are encouraged to complete Cancer Council's free Generation SunSmart online learning modules.
9. When enrolling a child, educators will provide families with information about the sun protection policy.
10. Educators will wear a suitable sun-protective hat, covering clothing and if practical sunglasses, apply sunscreen and seek shade whenever possible.

11. Educators will provide sunscreen to children, 20 minutes before they go outside

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## Parental Responsibilities

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1. Families are requested to apply sunscreen to their child prior to arriving at the centre, especially on days with a UV rating of Level 3 or above.
2. Staff will provide adequate SPF 30 or higher sunscreen (Pharmacy Care Sunscreen Lotion 30+). If a child has an allergy to certain products and requires a particular brand to be used, parents must inform staff.
3. If a child has an allergy parents will be asked to supply their own sunscreen in its original packet with the child's name clearly written. This will then remain at the centre in the sunscreen basket on a top shelf, not kept in the child's bag.
4. Parents are to ensure they provide their child with a named **sun hat** at all times. The best options include wide brimmed hats, bucket hats or legionnaires hat. Hats with cords are not permitted, due to safety concerns. (See DfE hazard alert). Baseball style caps are not a suitable alternative.
5. Parents are requested to dress their child in appropriate clothing for the hot days. Tank tops, singlet straps or mid-riff tops are not appropriate. Staff will provide spare t-shirts if any clothing is deemed unsuitable. Families are asked to choose tops with elbow-length sleeves, higher necklines and knee length shorts.
6. Parents are encouraged to dress their child in clothing that minimizes the chance of the child overheating. Dressing the child in layers that can be removed during activities is the best option.
7. Parents are required to supply a named water bottle each day and staff will encourage children to drink regularly to ensure adequate hydration.
8. Families will need to complete a permission form for educators to apply sunscreen to their child.
9. Families are encouraged to use SunSmart measures themselves when at the service.
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## Sources

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1. Inclement weather and sun protection (DfE)
2. National Quality Standard and regulations
  - a. National Quality Standard – QA 1 - Educational program and practice, Quality Area 2 - Children's safety, QA 3- Physical Environment, QA 5- Relationships with children, QA6 Collaborative partnerships with families and communities, QA 7- Governance and Leadership
3. Cancer Council SA – Sunsmart policy Information
4. UV radiation levels: [SunSmart app - Cancer Council \(cancersa.org.au\)](http://cancersa.org.au)
5. Belonging, Being and Becoming- The Early Years Framework
6. Australian Professional Standards for Teachers
7. Safe work Australia

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## Legislation Requirements

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- Section 167 Offence relating to protection of children from harm and hazards
- Regulation 100 Risk assessment must be conducted before excursion
- Regulation 113 Outdoor space – natural environment (centre-based services)
- Regulation 114 Outdoor space – shade (centre-based services)
- Regulation 168 Education and care service must have policies and procedures
- Regulation 170 Policies and procedures to be followed
- Regulation 171 Policies and procedures to be kept available

- Regulation 172 Notification of change to policies or procedure

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**Approved and Checked By**

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Review 2024 or when required

Approved and Checked By:

Centre Director

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Governing Council Representative

.....Date .....

POLICY REVIEWED	November 2022	NEXT REVIEW DATE	November 2024
MODIFICATIONS	<ul style="list-style-type: none"> <li>• This policy was reviewed by the team at sun smart and the Director at VHCK.</li> <li>• Some minor changes were made to the formatting</li> <li>• We added children who don't have a sun smart hat must either play inside or under the shade.</li> <li>• Updated legislations</li> </ul>		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE