Callington Kindergarten Sun Protection policy

This policy applies to all centre activities and 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 during childhood and adolescence 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. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever the UV Index level reaches 3 and above.
- work towards a safe centre environment that provides shade for children and staff at appropriate times.
- 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

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the, myuv.com.au or the Bureau of Meteorology website to support the implementation of sun protection at the centre. Sun Protection information to be recorded in the day book and available for all educators.
The centre uses a combination of sun protection measures for all outdoor activities during 1 August to 30 April and whenever UV levels reach 3 and above at other times.

Scheduling

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

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

Other Actions for Sun Protection:

- Eat lunch inside
- Hold outdoor activities earlier in the day or move indoors
- Schedule outdoor excursions earlier in the day
- Shade considered when planning outdoor activities
- Encourage play in shaded areas
- Allow play indoors

Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the Bureau of Meteorology, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.

Sun protection measures

1. Hats

All children and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck. Bucket hats are provided at our service. Baseball caps are not acceptable.
The Centre will provide your child with an approved hat for them to wear while attending the service. Each child's hat is named, and spare hats are available should this be lost.

Due to the risk of becoming entangled in hat cords and choking, cords need to be removed from hats.

2. Clothing

Children attending the centre are to wear appropriate sun protective clothing, including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses and shorts. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities No singlet, sleeveless dresses or midriff tops are allowed.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the centre for children and staff use.
- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the centre.
- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use.
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- **Families are encouraged to apply sunscreen to their child before or upon arriving at the centre.**
- Time is provided to apply sunscreen before going outdoors.
- Sunscreen is applied at least 20 minutes before going outdoors.
- When age-appropriate children are reminded to apply sunscreen under adult supervision.
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage children to play in the shade.
- Children who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.

5. Sunglasses *(optional)*

Children and staff are encouraged to wear close-fitting, wrap-around sunglasses that provide the best protection against UV eye damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. Babies *(centre's who care for infants under 12 months only)*

Our SunSmart practices consider the special needs of infants. Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible when the UV radiation is 3 and above.

Babies should be protected by using shade, clothing, and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants six months and older.

7. Staff WH&S and role modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities with the centre.

8. Enrolment and information for families

When enrolling their child families are:

- informed of the centre's sun protection policy.
- Sun Protection Policy is available on Kindergarten's website and can also be viewed upon request.
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible.
- asked to provide SPF 50+ broad-spectrum water-resistant sunscreen for their child for those with sensitive skin
- asked to apply sunscreen to their child before the start of each session.
- required to give permission for staff to apply sunscreen to their child.

9. Learning and development

Your centre incorporates sun protection into the learning framework or planned experiences using the following practices:
Displays, SunSmart website resources, Play and leisure experiences, Role modelling, Literacy activities (e.g. books, poems), Songs
During a morning mat time the children are alerted to the UV for the day, and a visual prompt is used for wearing a hat for outside play.

10. Policy promotion

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

The development of our sun protection policy involves the following:

- Cancer Council SA
- Director
- Educators
- Governing Council/ Management Committee
- Department for Education
- Governing Council /families and children.

Policy review

The centre will review the policy regularly and revise the policy when required.

The centre will notify any relevant stakeholders should any significant policy updates be made (e.g., families, staff, Cancer Council SA).

Governing council endorse this policy – March 2026

Approved: March 2026 **Policy review date:** March 2027

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**

Relevant resources

SunSmart Literature Activities

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: **www.generationsunsmart.com.au/sunsmart-literature-activities/**

Be SunSmart Play SunSmart

A curriculum resource using the Being, Belonging and Becoming – The Early Years Learning Framework for Australia. Visit: https://www.cancersa.org.au/uploads/sunsmart/A4P_BeSunSmart_PlaySunSmart_ECR_document_WEB.pdf

SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit: **https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit**