

Dernancourt Kindergarten

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 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 free [Bureau of Meteorology website](#) to support the implementation of sun protection at the centre. A register will be completed on review.

The centre uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, 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 (11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings), and outdoor activities are scheduled outside of these times, where possible or in the shade.

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 (include the hat style/s accepted at your centre). Baseball caps are not acceptable.

The centre has a limited number of spare hats available for child use. If spare hats are unavailable, children will be asked to play in the shade (no hat no play policy).

2. Clothing

Children attending the centre are to wear appropriate sun protective clothing, including tops with collars or higher necklines and t-shirt style sleeves and longer-style skirts, dresses and shorts. No singlet or midriff tops are allowed. Alternative clothing will be provided where possible.

3. Sunscreen

SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the centre for children and staff use.

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 are required to apply sunscreen to their child before or upon arriving at the centre.

Children are reminded to apply sunscreen under adult supervision at approximately 10am and 1pm if 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.

Management ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the outdoor areas.

5. 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.

6. Enrolment and information for families

When enrolling their child families are:

- informed of the centre's sun protection policy.
- asked to provide a suitable hat for their child (hats are available for purchase).
- required to give permission for staff to apply sunscreen to their child.

7. Learning and development

Sun protection is incorporated into the learning framework and/or planned experiences.

8. Policy promotion

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