Modbury North Kindergarten

Modbury North Kindergarten's 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 free SunSmart Global UV app, SunSmart widget, myuv.com.au or the Bureau of Meteorology website to support the implementation of sun protection at the centre.

The centre uses a combination of sun protection measures for all outdoor activities from 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.

Sun protection measures

Quality Area 2: Children's health and safety

1. Hats

All children and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck. Baseball caps are not acceptable. Families can also buy Kindy hats from Kindy.
The kindy has a limited number of spare hats available for child use. They are washed after each used.

- All children and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck.
- Baseball caps are not acceptable as they do not fully protect children's face, neck, or ears.
- Families can also buy Kindy hats from Kindy.
- The kindy has a limited number of spare hats available for child use. They are washed after each used.

2. Clothing

- Children attending the kindy are to wear appropriate sun protective clothing, including tops that cover the shoulders, elbow-length sleeves, tops with collars or higher necklines and knee length or longer style shorts and skirts are recommended.
- No singlet or midriff tops are allowed. If a child is wearing a sleeveless top/ dress, a T-shirt/ shirt must be worn over the top before going outdoors.
- Clothing made from cool, closely woven fabric is recommended.
- When outside, children are required to wear loose fitting clothing that covers as much skin as possible.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the kindy 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 and caregiver are expected to apply sunscreen to their child before arriving at the kindy from 1 August to 30 April and each day the UV level is expected to be 3 or above. If sunscreen hasn't been applied at home, sunscreen is available on the outdoor trolley for parents or caregiver to apply it. In an emergency situation, parents need to inform staff that it has not been applied, and staff will ensure sunscreen is applied.
- When age-appropriate children are reminded to apply sunscreen under adult supervision.
- Sunscreen is applied at least 20 minutes before going outdoors.
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.
- Sunscreen is re-applied immediately after sweating, water-based activities, towel drying or being washed off.
- Families who concerned about their child's vitamin D requirements are encouraged to discuss with their GP or paediatrician.

4. Shade

Quality Area 3: Physical environment

- 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. If return indoors is not a choice, then the children would need to play under the appropriate shaded area.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

- Management ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the outdoor areas.
- The availability of shades is considered when planning excursions and all other outdoor activities.

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. 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 kindy.

7. Enrolment and information for families

When enrolling their child families are:

- informed of the kindy's sun protection policy.
- asked to provide a suitable hat for their child. Families can buy a bucket hat from the Kindy with the Kindy logo.
- 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 if their child is allergic to the sunscreen we use at the kindy.
- required to give permission for staff to apply sunscreen to their child.
- asked to support their child apply sunscreen before kindy when the UV rating for the day is 3 or above AND between 1st August and 30th April.
- Encouraged to practice SunSmart behaviours themselves when at the service.

8. Learning and development

Quality Area 1: Educational program and practice
Quality Area 5: Relationship with children
Quality Area 6: Collaborative partnerships with families and communities

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

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

9. Policy promotion

Sun protection information and the sun protection policy is regularly promoted to the whole kindy community including staff, volunteers and families through newsletters, staff meetings, displays on the noticeboard, the kindy website and in enrolment packs.

Policy review

Quality Area 7: Leadership and service

The kindy will review the policy regularly (at least every three years) 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).

Approval

Version:	1
Policy Reviewed:	November 2023
Accepted:	27/11/2023
Date of next policy review:	27/11/2026

Version:	1.1
Approved by site leader:	Freda Lam | Preschool Director
Policy Reviewed:	12th October 2026
Approved by Governing Council:	Simone Parcaro | Chairperson
Date of Approval by Governing Council:	10/11/2026
Date of next policy review:	10/11/2029
Amendments:	reviewed with changes to SPF 50+ sunscreen instead of SPF 30 aligned with the guideline from Cancer Council

Date of next policy review:.....

This policy has been developed and adapted from the Cancer Council sample Sun Protection Policy.

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