

# Sun Protection POLICY



Largs North Kindergarten

## **Overview**

A balance between sun protection to lower the risk of skin cancer and sun exposure for the protection and maintenance of vitamin D is important for the normal growth and development of bones and teeth. The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D (source: Cancer Council South Australia).

## **Scope**

This Sun Protection Policy has been developed to:

- encourage children and educators to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- ensure a safe outdoor environment that provides shade for children and educators at appropriate times.
- ensure all children and educators have some UV exposure for vitamin D.
- assist children to be responsible for their own sun protection.
- ensure that families and new educators are informed of the service's Sun Protection Policy.

## **Details**

Largs North Kindergarten educators use the SunSmart UV Alert App<sup>1</sup> to find out daily local sun protection times to assist with the implementation of this policy. The UV is recorded on the UV charts<sup>2</sup> (one is on the blackboard and the other is on the Welcome Table wall).

We use a combination of sun protection measures for all outdoor activities whenever UV levels reach 3 and above at other times. These include:

### **1. Shade**

- A visual check is conducted regularly to determine the current availability and quality of shade.
- Management makes sure there is a sufficient amount of shelter and trees providing shade in the outdoor area.
- 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.
- On days of excessive heat educators will encourage children to play inside.

### **2. Clothing**

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. If a child is wearing a singlet top or singlet dress, a t-shirt will be put on before going outdoors.
- Children who do not have appropriate hats or outdoor clothing are asked to play indoors.

### **3. Hats**

- All children are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.
- Educators will work with children and families in extenuating circumstances affecting wearing a hat. Allowances will be reviewed and outcomes can be negotiated and agreed upon between families and educators.

### **4. Sunscreen**

- SPF 30 or higher broad spectrum, water resistant sunscreen is available for educator and children's use.
- Families are encouraged to apply sunscreen to their child before arriving at kindergarten.

- Educators will support children to reapply sunscreen. For children attending half a day this will be once and for children attending a full day this will be twice a day.
- Children are encouraged to apply their own sunscreen under the supervision of educators.
- Children with allergies or sensitivities to sunscreen will supply child's own sunscreen, which will need to be labelled with their name for their exclusive use.

## 5. Water

- The kindergarten is a water only site.
- Educators will refill drink bottles throughout the day, when required. Drink bottles that are refilled will be labelled with a refill time to inform families of their child's water consumption.
- Educators will support and encourage the importance of being hydrated, in both the warmer and cooler months by ensuring children are accessing their drink bottles at regular intervals during the day with special reminders at mealtimes.
- Cups will be supplied to children who do not have a water bottle.

## 6. Curriculum

- Sun safety education will be incorporated into the program to ensure all children have an increased understanding of how to care for their body and how to stay safe.

### **Roles and Responsibilities**

Families at Largs North Kindergarten:

- will be informed of the service's Sun Protection policy via newsletter, enrolment information pack etc.
- are asked to provide a suitable hat for their child.
- are asked to provide their child with suitable outdoor clothing avoiding singlet tops and singlet dresses.
- may provide their own sunscreen for their child due to allergies or sensitivities. We ask that the personal sunscreen you provide is labelled with your child's name and given to educators to store at kindergarten.
- are asked to provide a water bottle containing water only for their child.
- are encouraged to practise SunSmart behaviours themselves when at the service.

Educators at Largs North Kindergarten will:

- wear sun protective hats and clothing when outside.
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen.
- seek shade whenever possible.
- encourage children to drink water at regular intervals.
- role model drinking water regularly.
- write the predicted UV on the UV chart.
- will encourage children to play inside on days of excessive heat.

Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service.

**Resources:**

**1. UV Alert App**

**To download the app:**

<https://www.sunsmart.com.au/resources/sunsmart-app>

**To access UV app online:**

<https://www.sunsmart.com.au/uvalert/widget.aspx?locationid=482>

**Secondary website to access for UV information (if/when SunSmart app is not working):**

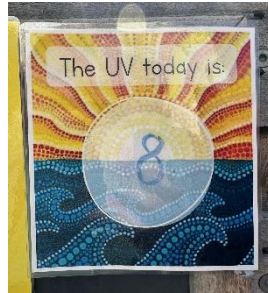
<http://www.bom.gov.au/places/sa/adelaide/forecast/>

**Resources continued:**

**2. UV Chart**



UV Chart found at  
Welcome Table



UV Chart found on notices  
blackboard (at entry gate)

**Record History**

**Drafted:** March 2016

**Review Date:** March 2025

**Ratified at Governing Council :** 18<sup>th</sup> March 2025

**Next Review:** March 2026 (Term 1, Week 6)

**NQS:** Element 2.3.2

**Regulation:** 168 (2)(a)



**Sources:** Cancer Council, *SunSmart early childhood policy guidelines*, updated January 2021,  
[https://www.cancersa.org.au/uploads/sunsmart/SS\\_ECC\\_Policy\\_Guidelines.pdf](https://www.cancersa.org.au/uploads/sunsmart/SS_ECC_Policy_Guidelines.pdf)