

# Rostrevor Kindergarten

## Skin Protection Policy

National Quality Standard 2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

Regulation 168(2)(a) Policies and procedures are required in relation to health and safety, including matters relating to sun protection.

### **BROAD POLICY STATEMENT:**

Our Sun Protection Policy has been developed to ensure that all children, employees and visitors attending Rostrevor Kindergarten are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun. It is to be implemented throughout the year.

### **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 in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

### **Objectives:**

This SunSmart Policy has been developed to:

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

Staff are encouraged to access the SunSmart UV Alert and/or download the SunSmart app and widget via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget> to find out daily local sun protection times to assist with the implementation of this policy.

### **Outdoor Activities:**

The service will ensure all sun protection measures are applied to children and staff while outside from **1 September to 30 April** and whenever UV levels reach 3 and above at other times. When the UVR levels are below 3, staff will encourage children to remove their hats so they receive vitamin D from the sunlight.

#### **1. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management makes sure there is a sufficient number of shelters 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.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

#### **2. Hats**

All children are required 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. Children without hats will remain protected from the sun.

#### **3. Clothing**

When outdoors, all children will wear SunSmart clothing that protects as much of the skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress, they need to wear a t-shirt/ shirt over the top before going outdoors. Loose fitting clothing and darker colours will be more comfortable and effective.

#### 4. Sunglasses [OPTIONAL]

Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

#### 5. Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is available for staff and children's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.
- Staff will ensure that sunscreen is reapplied to the children and themselves every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- Staff will monitor the expiry date of sunscreen and discard when out of date.

#### 6. Staff WHS and Role modelling

Families and visitors are requested to act as positive role models and as part of WHS UV risk controls when the UV is 3 and above use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service.

- wearing sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ or higher broad spectrum, water resistant sunscreen
- seeking shade whenever possible.
- wearing SunSmart clothing
- wearing sunglasses that meet the Australian Standard 1067.

#### 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.
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.

#### Policy

When enrolling their child, families are:

- informed of the service's SunSmart policy
- asked to provide a suitable hat for their child
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. that cover the shoulders and chest, upper arms and legs)
- asked to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their child
- required to give permission for staff to apply sunscreen to their child
- encouraged to practise SunSmart behaviours themselves when at the service.

#### Review

Management and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years).

To be reviewed September 2018

Approved: Governing Council Chairperson.....

## Rostrevor Kindergarten is a SunSmart Early Childhood Centre

### A SunSmart Early Childhood Centre is one that:

- Has a comprehensive sun protection policy that meets a minimum national standard covering the areas of education, behaviour and the environment.
- Provides, or is working towards adequate shade facilities.
- Minimises outside activities during peak UV times of the year. Teaches and reinforces positive skin protection behaviours.
- Agrees to undertake policy reviews with Cancer Council SA to ensure policy and practise stay up to date with the SunSmart criteria.

### SunSmart Early Childhood Program members enjoy the benefits of:

- Acknowledgment of their commitment to the health and well-being of the children in their care through signage and Cancer Council SA endorsement of their policy and practise.
- Free teaching resources.
- Keeping up to date with the latest information and recommended practise. - See more at: <http://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres/sunsmart-policy-information>



Government of South Australia  
Department for Education and  
Child Development



### Relevant resources

SunSmart UV Alert: **available as a free SunSmart app, online ([www.cancersa.org.au/sunsmart-apps](http://www.cancersa.org.au/sunsmart-apps)), in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.**

- **Creating effective shade:** This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve shade: <http://www.sunsmart.com.au/shade-audit/>
- **A range of resources for early childhood services** is available at [www.cancersa.org.au/early-childhood](http://www.cancersa.org.au/early-childhood)

**Also refer to the DECD: Inclement Weather Procedure for Extreme Heat or Extreme exposure to UVB for further information.**