



**Cumberland Pre-School Kindergarten**  
4 Tweed Street  
Cumberland Park 5041  
Ph: 8293 7327  
Email: dl.4639.leaders@schools.sa.edu.au



**Government of South Australia**  
Department for Education

## **POLICY & PROCEDURE – SUN PROTECTION**

### **QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY**

*Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing and provides for their physical and psychological wellbeing and provides support for each child's growing competence, confidence and independence.*

#### **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.

#### **Principles**

This policy has been developed to:

- Help educate children and families about sun protection and monitoring UV levels
- Encourage children and educators 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 educators at appropriate times
- Ensure all children and educators have some UV radiation exposure for vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new educators are informed of the centre's Sun Protection policy

#### **Scope**

This policy and procedure applies to all staff, children, parents and volunteers for centre activities and events both on and off site, including Kindy Care (outside kindy hours).

### **SUN PROTECTION PROCEDURE**

Educators are encouraged to access 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 assist with the implementation of this policy. The kindergarten uses a combination of sun protection measures for all outdoor activities during Terms 1, 3 and 4 and whenever UV radiation levels reach 3 and above at other times.

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.

#### **1. Clothing**

##### **Quality area 2: Children's health and safety**

When outside, children are required to wear appropriate sun protective clothing, tops with collars or higher necklines and elbow-length sleeves and longer style skirts, dresses, and shorts. No singlet or midriff tops are allowed. If a child is wearing a singlet top or dress they will be asked to wear a t-shirt/shirt over the top before going outdoors. The Kindy uniform has a long sleeve top option available to purchase.

## 2. Sunscreen

### Quality area 2: Children's health and safety

- SPF 50+, broad spectrum and water-resistant sunscreen is available for educator and children's use
- Families are encouraged to apply sunscreen to their child prior to coming to kindergarten.
- 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 (labelled with their child's name) and complete a medications form
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Children, when age-appropriate, are encouraged to become independent and apply their own sunscreen under the supervision of educators. Sunscreen is applied at least 20 minutes before going outdoors. Sunscreen is re-applied every 2 hours when remaining or returning outdoors. This will also apply within the context of Kindy Care (outside kindy hours).

## 3. Hats

### Quality area 2: Children's health and safety

All children and educators are required to wear hats that protect their face, neck and ears, eg. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. Please ensure hats **do not** have an adjustable chin cord to avoid the potential risk of strangulation. If your child's hat has a chin cord educators will discuss the safety concerns and alternatives with families. Spare hats will **not** be provided by the kindergarten and children without a sun safe hat will be required to play indoors or under the verandah.

In the event of an excursion and a child does not have a sun safe hat, they will be provided with a new one from kindergarten uniform supplies and parents will be invoiced accordingly.

## 4. Shade

### Quality area 2: Children's health and safety

### Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade
- Educators make sure there is a sufficient number of shelters, portable shade structures and trees providing shade in the outdoor area
- The availability of shade is considered when planning excursions and all other outdoor activities
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible
- Educators are to use available areas of shade for outdoor activities as much as possible and actively encourage children play in the shade
- 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 (eg. verandah) or indoors.

## 5. Enrolment and information for families

### Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- Informed of the centre's Sun Protection 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 (eg. shirts with collars and elbow length sleeves, longer style dresses and shorts)
- Asked to apply SPF 50+ broad-spectrum water-resistant sunscreen to their child before coming to kindergarten each day
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, and sunscreen) when attending the centre.

## 6. Staff WHS and role modelling

### Quality area 5: Relationships with children

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

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

## 7. Education

### Quality area 1: Educational program and practice

### Quality area 5: Relationships with children

### Quality area 6: Collaborative partnerships with families and communities

- Sun protection is incorporated into the learning and development program, including checking of the UV level with the children. Educators will involve the children in risk assessment processes relating to the weather.
- The Sun Protection policy is reinforced through educator and children's activities and displays
- Educators and families are provided with information on sun protection and the sun protection policy through family newsletters, Seesaw app and displays

The centre 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).

## Supporting information

The information has been extracted from the Cancer Council SA SunSmart early childhood policy guidelines ([https://www.cancersa.org.au/uploads/sunsmart/SS\\_ECC\\_Policy\\_Guidelines.pdf](https://www.cancersa.org.au/uploads/sunsmart/SS_ECC_Policy_Guidelines.pdf)).

Version #	Approval Date	Approved By	Review Cycle	Review Date
1.0	July 2018	Governing Council		
2.0	October 2019	Governing Council	2 years	October 2021
3.0	June 2021	Governing Council	2 years	June 2023
4.0	August 2024	Governing Council	2 years	August 2027