



Rostrevor Kindergarten

Sun protection policy

National Quality Standard 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.

Purpose

All department school sites, and early childhood education and care services must have a sun protection policy in effect for school terms 1, 3, and 4, and whenever ultraviolet (UV) radiation levels reach 3 or above.

Sites must inform the preschool/kindergarten/children's centre community including employees, students, parents, and volunteers of the sun protection policy. Wherever possible, children and young people are encouraged to be responsible for their own sun protection.

A copy of this policy is kept in our site's Preschool Policy Compliance folder, which is in the office and parent folders located under veranda.

This policy applies to all staff at this site.

The aims of the Rostrevor Kindergarten Sun Safe Policy are to promote:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin damage and /or diseases.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need to reduce the level of sun exposure when the UV radiation level is 3 or above.

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the [Bureau of Meteorology website](#) to support the implementation of sun protection at our site.

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, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Conducting risk assessments

To meet requirements under the National Regulations and to ensure the safety of children when in the sun, we will...

- > Conduct risk assessments at least once every 12 months, and as soon as practicable after becoming aware of any circumstances that may affect the safety of children when in the sun.
- > Use the *Risk Assessment - Sun protection and inclement weather TEMPLATE*, which addresses the matters required under sun protection (regulation 168).
- > Make any necessary updates to this procedure as soon as practicable after a risk assessment is completed.
- > Keep a copy of all completed risk assessments.

Sun protection measures

Hats

All children are required to wear hats that protect their face, neck, and ears e.g., legionnaire, broad-brimmed, or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable. Hats must not have toggles as they pose a risk of strangulation/damage to children's throats while playing on equipment.

Clothing

Children attending the centre are to wear appropriate sun protective clothing, including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses, and shorts. Rash tops or t-shirts over bathers are recommended for water play activities. No singlet or midriff tops are allowed.

Sunscreen

- > SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the centre for children and staff use.
- > Families are encouraged to apply sunblock prior to arrival in the morning, however sunblock is available to parent if necessary on arrival
- > 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 with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- > Families are encouraged to apply sunscreen to their child before or upon arriving at the centre.
- > When age-appropriate children are reminded to apply sunscreen under adult supervision.
- > Time is provided to apply sunscreen before going outdoors.
- > 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.

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Outdoor events are scheduled to be held during term two or earlier in the day



where practical.

Staff 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.

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.

Curriculum

Programs on being sun smart are included in the curriculum. Sun Smart behaviour is regularly reinforced and promoted to the whole preschool community through newsletters, our website, parent meetings, staff meetings, child and teacher activities, and in enrolment packs.

Staff Work Health & Safety and role modelling

For work health and safety and role modelling, when the UV is **3 and above**, staff are asked to practice SunSmart behaviours including...

- > Wearing sun protective hats, clothing, and sunglasses when outside.
- > Applying SPF50+ 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.

Communicating with families

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.
- > Asked to provide SPF50+ broad-spectrum water-resistant sunscreen for their child.
- > Required to give permission for staff to apply sunscreen to their child.

Induction and training of educators

To ensure educators and other staff (including casual and relief staff) understand and implement sun protection policies and procedures...

- > e.g., the site leader will ensure that training and induction for educators and staff covers the service's safe arrival policies and procedures and will use relevant tools for ensuring compliance (ie checklists)
e.g., the site leader will ensure educators and other staff undertake a review of safe arrival policies and procedures at least every 12 months



Supporting information and references

- > Cancer Council SA SunSmart early childhood policy guidelines | https://www.cancersa.org.au/uploads/sunsmart/SS_ECC_Policy_Guidelines.pdf
- > Heat-related illness signs, symptoms and treatment | <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/protecting+your+health/environmental+health/healthy+in+the+heat/heat-related+illness+signs+symptoms+and+treatment>
- > SA Health's know the signs of heat exhaustion and heat stroke poster | <https://www.sahealth.sa.gov.au/wps/wcm/connect/db91e42b-e759-4ee4-8317-a68f931375ff/23128.3-2+HITH-a2-poster-know-the-signs.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-db91e42b-e759-4ee4-8317-a68f931375ff-oQlwgVH>
- > SunSmart policy guidance and FAQs - Early childhood centres | <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/policy-guidance/>
- > Early Childhood Centres | <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/>
- > Severe weather warnings issued by the Bureau of Meteorology | <http://www.bom.gov.au/>
- > South Australia Country Fire Service fire danger ratings | <https://www.cfs.sa.gov.au/warnings-restrictions/restrictions/total-fire-bans-ratings/>
- > Emergency management policy | <https://edi.sa.edu.au/library/document-library/controlled-policies/emergency-management-policy.pdf>
- > Emergency management procedure | <https://edi.sa.edu.au/library/document-library/controlled-procedures/emergency-management-procedure.pdf>
- > Safety management procedure | <https://edi.sa.edu.au/library/document-library/controlled-procedures/safety-management-procedure>
- > Camps and excursions procedure | <https://edi.sa.edu.au/library/document-library/shared/camps-and-excursions-procedure.pdf>
- > Outdoor learning environments standard | <https://www.education.sa.gov.au/docs/infrastructure/property-services/outdoor-learning-environments-standard.pdf>
- > Sun exposure | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/-inclement-weather-and-sun-exposure/sun-exposure>
- > Creating a safe outdoor learning environment | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/outdoor-learning-environments>
- > Camps and excursions | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/camps-and-excursions>
- > Selecting and maintaining trees | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/trees-and-debris>
- > First aid in schools and preschools | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/first-aid>
- > Inclement weather | <https://edi.sa.edu.au/hr/for-managers/health-and-safety/creating-a-safe-workplace/-inclement-weather-and-sun-exposure/inclement-weather-and-sun-protection>
- > Risk Assessment - Sun protection and inclement weather TEMPLATE | <https://schoolssaedu.sharepoint.com/:w:/r/sites/PreschoolPolicyCompliance/Shared%20Documents/General/Templates/Risk%20Assessment%20-%20Sun%20protection%20and%20inclement%20weather%20TEMPLATE.dotx?d=w922c447a63b442f7b07bf38dd8902a36&csf=1&web=1&e=MceOJV>



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