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## PEK-P02: SUN PROTECTION POLICY

### 1. Background Information

Together with the Department for Education's 'Inclement Weather and Sun Protection' policy this policy outlines why and how Port Elliot Kindergarten achieves sun safety for all children and staff at the service.

This policy must be read in conjunction with:

- [Inclement weather and sun protection \(edi.sa.edu.au\)](https://edi.sa.edu.au)
- <https://edi.sa.edu.au/library/document-library/people-and-culture/work-health-and-safety/sun-protection-in-schools-and-early-childhood-education-services.docx>

All Department for Education 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 ultra violet (UV) radiation levels reach 3 or above. Sites must inform the school community including employees, students, parents and volunteers of the sun protection policy. Children and young people are encouraged to be responsible for their own sun protection.

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above. For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is during these months that sun protection is necessary. This policy is based on guidelines from the Cancer Council of South Australia.

### 2. Purpose

To ensure that everyone involved in our service is protected from skin damage caused by the sun, while allowing sufficient exposure to Vitamin D for healthy bone development. In accordance with Cancer Council SA guidelines, our policy uses UV Level 3+ as the level at which sun protection is required. In South Australia the UV radiation is above 3 in terms 1, 3 and 4. Outside of these times, care will be taken when the UV radiation level is above 3 in May. During May, June and July when the UV is below 3 children and staff are encouraged to head outdoors without sun protection for vitamin D.

### 3. Implementation & Management

In order to promote awareness of Sun Smart strategies and management, it is an expectation that all staff, students and parents of Port Elliot Kindergarten will use the following skin protection strategies in terms 1, 3 and 4 and when the UV is above 3 during term 2:

- a. UV levels will be checked on the Australian Government Bureau of Meteorology website ([www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv)) at the beginning of each session.
- b. Activities in the sun will be programmed outside of the peak UV times of the day where possible, or will be conducted in the shaded areas.
- c. When the UV level is above 3 children will be encouraged to play in shaded areas i.e. under trees, verandas, pergolas and shade structures. Props and equipment will be moved under shade where possible.
- d. The further provision of shade areas is a consideration for the service.
- e. We will wear appropriate clothing which protects the skin.
- f. Children, staff and parents will be expected to wear a broad brimmed hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play under the verandah with solid shade. During term 2 a hat is only required if the UV is above 3, and may be swapped for a beanie when the UV is below 3.
- g. Children will be encouraged to wear shirts with collars and elbow length sleeves; and longer style shorts, dresses and skirts. Children wearing sleeveless garments will be provided with a shirt to wear over their clothing during outside play.
- h. Staff will role model hat wearing, sunscreen use, wearing sunglasses and also seeking shade. Staff will provide their own appropriate sun protective clothing and broad brimmed hats.
- i. Sunscreen will be applied during the months of August to April and on days when the UV rating is greater than 3 outside this period. Staff will support children to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ or higher to clean, dry skin; at approximately 9.30am, again at 11.30am and again at 1.00pm when the UV is above 3. Sunscreen will be reapplied more frequently if involved in water activities or perspiring. 20 minutes will be allowed between the time of application and children being allowed to go out into the sun. Children will be taught to apply their own sunscreen, where possible, so as to avoid cross infection risks. If for some reason a child cannot wear sunscreen s/he will be required to cover up with a long-sleeved top with collar and long pants and hat. This will be documented in writing via a health support agreement signed by the parent/caregiver.
- j. Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviour. Staff, parents and visitors will be encouraged to



role model appropriate SunSmart strategies in all service activities including Playgroup.

- k. Skin cancer prevention will be included in appropriate teaching activities.
- l. Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA.
- m. Planning of excursions will be made with consideration to shade and sun safe principles.
- n. When children are enrolled parents will be made aware of the Sun Protection Policy and its requirements. The Kindergarten will promote the Sun Smart message through newsletters and activities. When children are enrolled, a permission slip needs to be signed by the enrolling parent as to whether staff can apply sunscreen to their child. Children with skin sensitivities will need to supply their own sunscreen.

#### 4. References

- a. Resources for Early Childhood Centres, Cancer Council  
[Resources for Early Childhood Centres - Cancer Council \(cancersa.org.au\)](https://www.cancersa.org.au)