Sun Safe Policy

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.

Objectives

This sun protection policy has been developed to:

- Support the entire preschool community to use a combination of sun protection measures whenever the UV Index is 3 or above during all school activities and events on and off-site.
- Ensure families and new staff are informed of the preschool's sun protection policy.

Procedures

Policy implementation times

Daily sun protection times can be checked by a staff member each morning for our location using the free SunSmart Global UV app or the Bureau of Meteorology website to support the implementation of sun protection at the preschool.

The preschool 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 at various times across the year.

Care is taken during the peak UV radiation times of the day, and outdoor activities are scheduled outside of these times where possible or in the shade when the UV index is 3 or above.

Sun protection measures

1. Hats

All students and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck in Terms 1, 3 and 4 as well as when the UV Index is 3 or above. The site provides a yellow bucket hat with the preschool logo for children when they enrol in preschool.

2. Clothing

Children attending the preschool are to wear appropriate sun protective clothing, including tops with collars or high necklines and longer style sleeves, as well as longer style skirts, dresses and shorts. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities. Children who are not wearing appropriate sun protective clothing will need to play in the shade only.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the preschool for children and staff use, all year round.
- Children apply sunscreen and are reminded to reapply with supervision on days when the UV index is 3 or above.
- Families and staff are asked to supply their own SPF 50+ broad-spectrum, water-resistant sunscreen if there is concern for skin sensitivity or allergies using the one which is supplied by the preschool.
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Children are encouraged to apply sunscreen before or upon arriving at school.
- Children are reminded to apply sunscreen before going outdoors.
- Sunscreen is most effective when applied at least 20 minutes before going outdoors and re-applied every 2 hours.
- Sunscreen needs to be re-applied immediately after water-based activities, towel drying or being washed off.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible.
- For outdoor events outside of the usual learning program, provision of extra shaded areas will be arranged. Children will be encouraged to utilise this available shade as much as possible along with other sun protection measures

5. Learning and development

Sun protection is incorporated into the learning framework and/or planned experiences.

Policy review

The preschool will review the policy regularly (at once per year) and revise the policy when required.

The preschool will notify any relevant stakeholders should any significant policy updates be made, including families, staff and children.

Related Information

This policy is informed by:

- Cancer Council SA recommendations
- Department for Education requirements: Sun Exposure

Legislation

This policy relates to the following National Law and Regulations:

Education and Care Services National Law Act 2010

- Section 167 – Protection from harm and hazards

Education and Care Services National Regulations 2011

- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment
- Regulation 114 – Outdoor space–shade

- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedure to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.

Work Health and Safety Act 2012

National Quality Standards

All of the following sun protection procedures link to:

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

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

Date of next policy review: September 2027

Governing Council Endorsed: 07/09/26