



# Sun Protection

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Approved by board on: 20<sup>th</sup> September 2023  
Scheduled review date: 20<sup>th</sup> September 2025

## Introduction

Our Preschool recognises the value of outdoor play and learning in a sun safe way. We are committed to ensuring all children, educators and staff are protected from ultraviolet (UV) radiation for all outdoor activities.

This includes:

- Providing shade in the outdoor environment
- Ensuring all sun protection measures are promoted and utilised
- Encouraging and supporting children to develop independent sun protection skills
- Providing learning opportunities for children, staff and families

The sun's UV can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk.

## Goals

This policy provides guidelines to support the 10 recommendations from the Cancer Council and to:

- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support duty of care and regulatory requirements.
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

This policy has been adapted from the NSW Cancer Council Sun Protection Policy Sample. For further details visit [www.sunsmart.com.au/advice-for/schools-early-childhood](http://www.sunsmart.com.au/advice-for/schools-early-childhood).

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## Policy

Outdoor Activity UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used whenever UV Index levels reach 3 and above.

These measures include:

- Slip on clothing that covers as much skin as possible
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses where possible

When children are on excursions all sun protection practices are planned, organised, understood and available.

## Shade

- All outdoor activities will be planned to occur in shaded areas.
- The program will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.
- Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

## Hats

Educators, staff and children are encouraged to wear SunSmart hats that protect their face, neck and ears. A SunSmart hat is:

- Legionnaire hat.
- Bucket hat with a deep crown
- Broad brimmed hat

Please note: Baseball caps or visors do not provide enough sun protection and not considered a suitable alternative.

- Children without a hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

## Clothing

- When outdoors, educators, staff and children will wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
  - Loose fitting shirts and dresses with sleeves and collars or covered neckline.
  - Longer style skirts, shorts and trousers.
- Children who are not wearing SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing. Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

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## Sunscreen

- All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and re-apply every 2 hours.
- Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- All sunscreen is stored in a cool, dry place and the expiry dates monitored

## Education

- Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing and accessing daily UV levels
- SunSmart App daily UV times are promoted to guide staff, parents and children's behaviour.
- Visitor, student and new employee inductions embed the transfer of information relating to the service's Sun Protection Policy.

## Information and policy availability

- Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors.
- Sun protection information and resources are accessible and communicated regularly to families.
- All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the service.

## Review

- Management and staff regularly monitor and review how effectively they implement their sun protection policy.

## Responsibilities

The Approved Provider is responsible for:

- Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.

The Nominated Supervisor:

- Ensure sun protection information will be promoted to all staff, families and visitors.
- Provide support and advice to all staff with regard to implementation of the Sun Protection Policy.

Educators:

- Adhere to the strategies and practices of the Sun Protection Policy.
- Educators and staff will act as role models and demonstrate SunSmart behaviour by:
  - Wearing a SunSmart hat (see Hats).
  - Wearing protective clothing, and sunglasses (optional) (see Clothing).
  - Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and every 2 hours after (see Sunscreen).
  - Using and promoting the use of shade.

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- Encouraging families and visitors to role model positive sun safe behaviours when at the service.
- Check the UV Alert on a daily basis at [www.sunsmart.com.au](http://www.sunsmart.com.au) or using the SunSmart App.
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.

### Families:

- Dressing their child in cool clothing that covers as much skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts.
- Providing a sun protective hat that shades the face, neck and ears (e.g. wide brimmed, bucket or legionnaire style).
- Provide permission for educators/staff to apply SPF 30 or higher broad spectrum, water resistant sunscreen supplied by the service to all exposed parts of my child's skin including their face, neck, ears, arms and legs. OR
- Provide permission for educators/staff to apply SPF 30 or higher broad spectrum sunscreen (that I have supplied and labelled with my child/ children's name) to all exposed parts of my child's skin including their face, neck, ears, arms and legs. I agree that this sunscreen will be kept at the service and it is my responsibility to make sure there is always an adequate supply available.
- Practicing SunSmart behaviours themselves when at the service.

### Related Documents

- National Quality Standards (QA 2)
- [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)