



SUN PROTECTION Policy and Procedure

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 in the first 10 years of life is a major factor in determining skin cancer risks.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This Sun Protection Policy has been developed to:

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- encourage children and staff 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 staff at appropriate times
- ensure all children and staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure that families and new staff are informed of the service's Sun Protection Policy

Staff are encouraged to access the Sun Smart app or Bureau of Metrology (BOM) to find out daily local sun protection times in assisting with this policy's implementation.

We use a combination of sun protection measures for all outdoor activities from **1 September to 30 April** and whenever UV levels reach 3 and above at other times.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade
- Management makes sure there is enough shelters and trees providing shade in the outdoor area
- The availability of shade is considered when planning excursions and all other outdoor activities
- Children are encouraged to use available areas of shade when outside
- 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

Clothing

Children are required to wear loose-fitting clothing that covers as much skin as possible, when outdoors. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or sleeveless dress, then they will be directed to play indoors or in a shaded area of the outdoor space. Alternatively, we will give them the choice of wearing spare clothes that cover their body.



Hats

All children are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. The Centre provides spare hats to children who have not brought a hat from home and wash them daily.

Sunscreen

- SPF 30 or higher broad-spectrum, water-resistant sunscreen is available for staff and children's use
- A sunscreen station is set up by the bag area inside to encourage parents/caregivers with supporting children with applying sunscreen in the mornings
- Sunscreen is applied as part of the lunch routine and reapplied, as required
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements
- With support, children are encouraged to apply their own sunscreen under the supervision of staff
- For children that refuse to wear sunscreen or a hat, they are encouraged to play under shade or under the veranda. This refusal may also be demonstrated in any individualised plans that child has.

When enrolling their child, families are:

- informed of the service'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 (i.e., that covers the shoulders and chest, upper arms, and legs)
- informed that SPF 30 or higher broad-spectrum, water-resistant sunscreen is available for families to apply to their child
- encouraged to practice sun smart behaviours themselves when at the service

Staff WHS and Role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff:

- wear sun protective hats and clothing, when outside
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seek shade whenever possible
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service

Planned experiences.

- Sun protection and vitamin D are incorporated into the learning and development program
- The Sun protection policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information on sun protection and vitamin D through family communication processes



Review

- Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

CREATED: 2013 (Version 4)
TO BE REVIEWED: 2026

This policy should not be read in isolation – it complements the DfE Sun Protection Policy and has been developed with the following:

Cancer Council SA – Sun Smart Resources and Information
[SunSmart and skin resources - Cancer Council \(cancersa.org.au\)](http://cancersa.org.au)
[Sun exposure \(edi.sa.edu.au\)](http://edi.sa.edu.au)
[Inclement weather \(edi.sa.edu.au\)](http://edi.sa.edu.au)