

# Bertram Hawker Kindergarten: Sun protection policy



## Purpose

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:

- encourage children and staff to use a combination of sun protection measures whenever the UV Index level reaches 3 and above.
- work towards a safe centre environment that provides shade for children and staff at appropriate times.
- assist children to be responsible for their own sun protection.
- ensure families and new staff are informed of the centre's sun protection policy.

## Procedures

### Policy implementation times

Staff check the daily sun protection times each morning using the free [Bureau of Meteorology website](#) to support the implementation of sun protection at the centre.

The centre uses a combination of sun protection measures for all outdoor activities, including excursions when UV levels reach 3 and above.

### Sun protection measures

#### • Hats & Clothing

All children are required to wear a bucket hat which protects the face, ears, and neck. We provide a hat to each child when they begin their kindergarten year. Children attending the centre are to wear appropriate sun protective clothing, including tops with sleeves.

#### • Sunscreen

SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the centre for children and staff use. Families and staff are asked to apply SPF 50+ broad-spectrum, water-resistant sunscreen at the beginning of the day. Sunscreen is re-applied every 2 hours when remaining or returning outdoors. 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.

- **Shade**

Educators 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.

- **Staff WH&S and role modelling**

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

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ 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.

## **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.**

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