

## SUN PROTECTION POLICY

National Quality Standard 2.3 Regulation 168

(The following information is from the Cancer SA website [www.cancersa.org.au](http://www.cancersa.org.au))

Being Sun Smart means a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. Ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for the development of strong bones and muscles.

Overexposure to UV radiation from the sun causes skin damage, with childhood and adolescence being critical times when this exposure is more likely to contribute to skin cancer later in life. Children are often at Preschool during the peak UV times of the day, making it essential for early childhood centres to not only have practices in place to protect the children in their care but also to educate model the importance of sun protection.

Practices in place recognise the balance between sun protection to reduce the risk of skin damage and sun exposure for vitamin D production.

### Goal

**The following skin care strategies will be strongly encouraged:**

- The use of clothing that protects the skin, including the shoulders.
- Children are to have a sun hat in their Preschool bag at all times.
- That children and educators wear a broad rimmed, bucket or legionnaire style hat whenever they are outside in terms one and four. Children who do not have a hat will be required to play in protected areas.
- During terms two and three, hats are not required unless the UV rating is over 3 which will be checked daily.
- Use the shade of the trees, pergolas, shade sails whenever possible outdoors.
- Staff will use their discretion about the time spent outside on very hot days.

### Expectations:

- Parents are expected to apply a broad spectrum sunscreen prior to arrival, with a SPF of at least 30+ to clean, dry skin in term one and four.
- Staff will apply sunscreen at lunch time on full days during term one and four.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors (this is approximately 20 minutes)
- Parents will supply sunscreen if their child cannot wear the sunscreen provided by the Preschool.
- Staff will model Sun Smart behaviour.
- Upon enrolment staff will inform families of the centres Sun Protection Policy.

Sun Protection Policy	Review Date: February 2022
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