

WUDINNA RSL MEMORIAL KINDERGARTEN

Policy: Sun Protection Policy

Endorsed by Educators & Governing Council May 2021



Rationale

The aim of the Wudinna RSL Memorial Kindergarten's Sun Protection policy is to promote among children, educators and parents:

- *Positive attitudes towards skin protection*
- *Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.*
- *Personal responsibility for and decision making about skin protection.*
- *Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.*

Implementation

This policy is implemented when the ultraviolet radiation level is 3 (moderate) and above.

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all educators, children and parents of Wudinna RSL Memorial Kindergarten will use the following skin protection strategies:

- Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
- The children's lunch, rest time and indoor activities will be held between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day.
- Whenever possible, all outdoor activities will be scheduled before 10.00 am and after 3.00 pm or in the shaded areas of the service.
- Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- The sandpit and play equipment area to be a priority for shade structure planning. The further provision of shade areas is a priority for the service.
- Wear appropriate clothing which protects the skin.
- Children will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be asked to play in the shade.
- Children will apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin when going outdoors for lunch or activities under the support and guidance of educators. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors

- Parents will be encouraged to supply sunscreen for their children although there will be bulk sunscreen available at the service. **It is expected that children will come to kindy with sunscreen applied.**
- Kindy Polo top uniform is rated to have an ‘Excellent’ level of UV protection. T-shirts are 100% cotton and have a high neck for better protection.
- Sunscreen will be applied before the children’s morning outdoor activities and again before they go outside in the afternoon at times between 10.00 am and 3.00 pm or when the UV is 3 and above.
- Reinforcing the “SunSmart” message (as outlined by the Cancer Council SA) in service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
- Educators will be encouraged to role model appropriate Sun Protection strategies in all service activities.
- Skin cancer prevention will be included in appropriate teaching activities.
- Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA.
- Information about the centre’s Sun Protection Policy will be available on the website and an extract can be found in the Parent Guideline Handbook.