Sun Protection Policy

Policy statement

The Riverview Preschool aims to support and promote sun protection for young children. Australia has the highest skin cancer rate in the world and it is now evident that exposure during childhood is a critical factor.

We believe that children should be protected from excessive sun by the use of hats and sun screen.

UV radiation

UV radiation is present all year round; therefore we will promote sun protection throughout the year. Weather is not an accurate guide to the potential for skin damage as, even on cloudy and relatively cool days UV radiation can cause skin damage.

There is no relationship between UV radiation and temperature, therefore daily routines will be considered to minimize outdoor experiences during peak UV radiation times (10.00am-3.00pm). This consideration is applied to planning of excursions and incursions that occur outdoors.

We will provide and use adequate and effective sunscreen whilst outside. This assists with protecting children from UV radiation. Educators will be aware of shade patterns during the day and locate outside experiences accordingly. Children will be actively and positively encouraged to use shaded areas when playing outside.

Infants (up to 12 months) have skin thinner than adults and can burn easily even when under shade so they need to be covered at all times. If infants are kept from direct sun and well protected from UV radiation by clothing hats and shade, sunscreen need only be used sparingly.

Protective Clothing

Protective clothing, including hats will be encouraged. Clothing is an essential sun protective strategy and should cover as much skin as possible when outdoors. Preferably, children will wear shirts that cover the shoulders, have collars, are at least elbow length and longer style pants and skirts are most suitable. Shoes that are closed in, rather than open should be considered.

Parents will provide a named sun hat for their child. Sun hats are essential all year to provide neck protection as well as face protection, e.g. broad brimmed, bucket or Legionnaires.

We will provide and use adequate and effective shade whilst outside. This assists with protecting children from UV radiation. Educators will check UV levels via technology or Sunsmart website www.sunsmart.com.au/uvalert each day.

Educators will use discretion about restricting outside play on extremely hot days or days where there are dangerous UV levels.
Educators feel it is important to set an example to children by always wearing hats whilst outside.

**Sunsmart Education**

- We will display sun smart posters and children’s work samples on Sun smart in preschool to reinforce the importance of Sun smart message to children, families and visitors.
- Preschool newsletters will reinforce need for sun smart clothing, hats and adequate drinking water for all children.
- The preschool will sell legionnaire and bucket hats at an affordable cost to families should families require them.

**PROCEDURE**

- Educators will ensure they have reinforced the slip, slop, slap, seek and slide message with children prior to them accessing the outdoor environment.
- Families are requested to apply sunscreen to their child prior to arrival at preschool.
- The preschool will supply sunscreen for children participating in the Lunch Care program to apply. Sunscreens are not to be left in children’s bags.
- Parents are to provide a sunsmart hat for each child, clearly marked with their child’s name.
- The Centre encourages parents to leave one hat in the child’s preschool bag each day. Children who do not bring their own hat will be asked to play indoors.
- Educators will wear an appropriate hat at all times whilst outside Terms 1-4.
- Outdoor activities will be held in shady areas whenever possible.
- All children will be kept out of the direct sun as much as possible.
- Children are requested to be dressed in shirts with collars and sleeves.
- Shoulders must be covered. No tank tops. If children have unsuitable clothing they will be asked to play indoors.
- Each family is required to supply a bottle of water for their child. *Children will be encouraged to drink regularly to ensure adequate hydration.*
- Preschool will also supply a drink assessable for children at all times.
- We encourage families on excursions or during centre functions to wear appropriate sun smart clothing and hats.
- The preschool will seek reaccreditation through Cancer Council SA annually.
- The centre will display the provided Sunsmart Accredited Centre signage on the building.

**Other Resources**

- UV Radiation and Sun Protection procedures can be found on the Department of Education and Child Development (DECD) website. All educator administration computers have a shortcut on the desktop to the DECD policy and procedure website.

**Source:**

The Cancer Council South Australia  www.cancersa.org.au