



Sun Protection Policy

Rationale

We know that too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future cancer risk. Too little UV radiation from the sun can lead to low levels of vitamin D which is essential for healthy bones and muscles and for general health.

At Darlington Children's Centre our aim is to develop an awareness of safe SunSmart practices for children, families, and the community. The site and educators will support families to understand the importance of being SunSmart by providing information in newsletters, having brochures available and making this part of their curriculum.

Using sun protection

The Kindergarten and Occasional Care uses a combination of sun protection measures for all outdoor activities on and off site across the year wherever the UV index reaches 3 or above during particularly in terms 1 and 4. Educators will role model sun smart behaviours with applying their own sun cream, wearing hats and appropriate clothing.

Clothing 'SLIP'

Sun smart clothing is included as part of the items that can be purchased by families. Parents/caregivers will be encouraged to dress their children in clothing that protects their child's shoulders and covers their skin as much as possible like collars, higher necklines and longer style shorts, skirts, and dresses. Anyone wearing singlets, midriff tops or dresses with straps will need to wear a t-shirt underneath to cover shoulders.

Sunscreen 'SLOP'

Educators will:

- check the UV rating in the morning to decide on what needs to happen for sunscreen application. If the UV is going to be high, then families will be asked to apply on arrival. The site will provide SPF 50+ broad spectrum and water-resistant sunscreen for the families. If the UV will not reach 3 or higher to later in the day e.g., 10:10 educators will check the UV rating before group time and apply if required and will check again before lunch time. (see sunscreen application)
- For occasional care families will be asked to apply sunscreen on arrival as children and reapplied if required at 10:10 if UV over 3
- apply sunscreen before lunch time (when UV is high) This allows the sunscreen to soak into the skin ready for play outside in the afternoon. (at least 20 mins)
- check the UV around 2pm to see if sunscreen is required at the end of the day (see sunscreen application)
- Support children to apply sunscreen utilising mirrors to look and check so they can work towards doing this independently
- Provide a basket for children who have their own sunscreen, making sure the child's name is on the sunscreen



- As the Cancer Council recommendations sunscreen is reapplied every 2 hours.

Families will:

- Check in with their GP or pediatrician if they have a child/ren with naturally very dark skin to discuss their vitamin D requirements
- Apply sunscreen of SPF 50+ or higher before coming to Kindergarten or on arrival as directed by the staff/ sunscreen table
- Provide the Kindergarten with a named sunscreen which is SPF 50+ should their child require a different one.

Hats 'SLAP'

All children and educators are required to wear hats that protect their face, neck, and ears e.g., legionnaire, broad brimmed or bucket hats whenever the UV is 3 and above. Baseball or peak caps are not acceptable.

As part of the enrolment process each child will be supplied a dark blue bucket hat which will be added to the family's account. Occasional Care families can bring their own hat or purchase one from the Children's Centre. Each child will have a hat pocket for their hat to be stored with their photo so they can easily access their own hat. The Kindergarten will have spare hats on site, alternatively children will need to play inside or under the verandah if they do not have a hat or if they refuse to wear a hat.

Curriculum

Programs on sun protection are included in the curriculum in the Kindergarten. Sun Smart behaviour is regularly reinforced and promoted to the whole community through newsletters, Facebook, educator meetings, student, and teacher activities and in enrolment packs. Pamphlets will be provided in our community area for families to read and access.

Shade 'SEEK'

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Outdoor events are to be held during term two or earlier in the day where practical to avoid peak UV times. Children are encouraged to use available areas of shade when outside.

Children who do not have appropriate hats or clothing will need to play under the verandah or inside. Educators will pack away resources/equipment that is in full sun (where possible) and direct children to play in areas like the sandpit, mud kitchen and under the trees where more shade is provided.

Approved by Educators and the Governing Council

To be reviewed : May 2027

Governing Council Chairperson: Alison Riddell

Kindergarten Director: Kim Cook

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Darlington
Children's Centre
for Early Childhood
Development and Parenting

12a Kurrajong Place
SEACOMBE GARDENS SA 5047
Phone: 8296 2686
Fax: 8377 1569
Email: dl.3624.leaders@schools.sa.edu.au



Government
of South Australia

R168(2)(a)(ii) Sun Protection

National Quality Standards 2.3

