

# Policy

## Skin Protection

Please note, this policy must be read in conjunction with other relevant policy and procedural information provided on the approved provider's website including: [Inclement weather and sun protection \(edi.sa.edu.au\)](http://edi.sa.edu.au)

### NQS

QA2	2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
QA3	3.1.1	Outdoor and indoor spaces, buildings, fixtures, and fittings are suitable for their purpose, including supporting the access of every child.

### NATIONAL LAW ACT 2011

Section	167	Protection from harm and hazards
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### NATIONAL REGULATIONS

Regs	100	Risk assessment must be conducted before excursion
Regs	113	Outdoor space –natural environment
Regs	114	Outdoor space - shade
Regs	168	Policies and Procedures (2)(a)(ii)-sun protection

### EYLF

LO1	Children feel safe, secure, and supported
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### Who is affected by this policy?

- Children
- Families
- Educators
- Governing Council

### Rationale

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.

Australia has one of the highest incidences of skin cancer in the world, with 2 out of 3 Australians developing some form of skin cancer before the age of 70 years.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominately fair- skinned,
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school, and recreational habits expose people to the sun over long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes, and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the services' community to use effective skin protection.

## Purpose/Objectives

The purpose of our policy is to ensure that all children, educators, and parents are whenever possible, protected from skin damage caused by the harmful ultra-violet rays of the sun while at preschool.

This Sun Protection policy has been developed to:

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

This policy is implemented between the 1 August and 30 April regardless of the daily UV radiation levels. To help maintain winter vitamin D during May to July, sun protection measures are not used when UV levels are below 3. Educators will access the daily SunSmart UV Alert to assist with the implementation of this policy via Bureau of Meteorology via <http://www.bom.gov.au/> or SunSmart app or widget via. <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>

## Implementation

It is an expectation that all educators, students and parents of the service will use the following skin protection strategies:

1.1 Protect the skin when the ultraviolet (UV) radiation level is 3 (moderate) and above. Extra care should be taken during the daily sun protection times when UV radiation levels are highest.

1.2 The children's lunch and rest time will be held between the daily sun protection times to minimise exposure to UV radiation.

1.3 Whenever possible, all outdoor activities will be scheduled outside the daily sun protection times or in the shaded areas of the service.

## Shade

2.1 Use the shade of trees, pergolas, umbrellas, and tents whenever outdoors.

2.2 During peak UV radiation times, stay in the shade or remain indoors and drink plenty of water to prevent dehydration or heat stress

2.3 The availability of shade is considered when planning excursions and all other outdoor activities.

2.4 Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.

## Clothing, Hats

3.1 Wear appropriate clothing which protects the skin.

3.2 Children, educators and parents 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 6cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be required to stay inside.

No hat, no outside play, including the veranda. Educators will re-direct children without hats to inside the preschool building.

Educators will provide a "loan hat" for children, in the event that children must go outdoors as part of the curriculum (e.g. walk down the street, visit to the library, etc), or from the commencement of 10am Fruit Time. This hat is placed in the preschool washing bag for laundering after use.

3.3 Children will be encouraged to wear shirts with collars and sleeves and longer style shorts/skirts. Singlets, shoe-string tops/dresses, or tops with exposed midriff are not acceptable.

## Sunscreen

4.1 Parents are asked to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes prior to their child arriving at preschool. Sunscreen should be reapplied again prior to lunch and reapplied every 2 hours if outdoors for a prolonged period of time or more frequently if involved in

water activities or perspiring.

4.2 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.

4.3 Parents will be encouraged to supply sunscreen for their children if they have sensitive skin. Bulk sunscreen packs are available for use at the preschool.

4.4 With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

## Educators WHS and Role Modelling, Education

5.1 Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

5.2 Educators will be encouraged to role model appropriate SunSmart strategies in all service activities.

This will mean that:

- a. educators will be required to wear hats and appropriate clothing for all outdoor activity, i.e. shirts or dresses that cover the shoulders and shirts with collars and sleeves, longer style shorts and skirts.
- b. educators will be expected to use and direct children to shaded areas.
- c. Regularly reinforce and promote SunSmart behaviours to the whole community (e.g. newsletters, noticeboards etc)

5.3 Sun protection is incorporated into the learning and development program.

5.4 The Sun Protection policy is reinforced through staff and children's activities and displays.

5.5 Staff and families are provided with information on sun protection through family newsletters, noticeboards, and the centre's website.

5.4 Information about the centre's Skin Protection Policy will be given to all new educators, students, and families.

5.6 When enrolling their child parents will be:

- a. informed of the Skin Protection policy.
- b. asked to provide a broad brimmed, legionnaire or bucket (with at least 5cm brim and a deep crown) hat for their children's use.
- c. asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms, and legs)
- d. asked to provide SPF 30 or higher, broad-spectrum, water-resistant sunscreen for their child (if sensitive skin) or agree that their child uses the centre's sunscreen
- e. required to give permission for staff to apply sunscreen to their child
- f. asked to send their child to preschool with sunscreen applied approximately 20 minutes prior to session commencement.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses, and sunscreen) when attending the centre.

6.1 The Services sun protection strategy will be evaluated on a two-yearly basis, which will include referral to the Cancer Council SA for advice and endorsement to ensure the policy remains current and relevant.

6.2 Policy issues will be discussed at educator and parent meetings.

#### Parent/Caregivers Responsibilities:

1. Provide a hat that provides good protection to the face, ears, and neck such as a broad brimmed, bucket hat with good brim or legionnaire style of hat for their child, every day. Baseball caps are not acceptable.
2. Clothe their child in protective clothing – shirts and tops with collars and sleeves are best. Singlets, shoe-string tops, or tops with exposed midriff are not acceptable. Longer style shorts and skirts are encouraged. Apply SPF 30 or higher broad spectrum and water-resistant sunscreen before coming to the Centre (in the event that this is forgotten, parents may use sunscreen provided at the Centre (located in the Art Preparation Area).
3. Be a good role model and wear a hat, sunscreen, and protective clothing themselves and promote SunSmart behaviours when possible.
4. Inform educators if children are allergic to sunscreen cream.

#### Sources

- Early Years Learning Framework (v2.0, 2022)
- National Quality Standard
- Cancer Council SA
- [Inclement weather and sun protection \(edi.sa.edu.au\)](http://edi.sa.edu.au)
- Consultation process completed and feedback included from children, staff, families, Cancer Council SA and Governing Council members

#### Review

The policy will be reviewed bi-annually.

Review will be conducted by:

- Governing Council
- Educators/Employees
- Families
- Interested Parties

Document History	Version	Approved Date	Description of Change	Next Review Date
	1.0	01/12/2016	Policy Developed	01/12/2018
Reviewed	2.0	15/08/2019	Updated in line with NQS changes	15/08/2021
Reviewed	3.0	29/06/2021	Updated in line with Department For Education policy changes	29/06/2023
Reviewed	4.0	04/12/2023	All links have been verified Updated in line with Early Years Learning Framework (v2.0, 2022)	04/12/2025

Approved by Governing Council 04/12/2023 Director's Signature 