

# Sun Smart Policy

Flinders Children's Centre and Tji Tji Wiltja recognises the importance of protecting the skin as a major strategy in the fight against skin cancer. We are particularly fortunate to have a play area that has great shade provision. Our hot weather policy is that the children are to stay inside if the temperature that day is 36 degrees or over.

## <u>Aims</u>

Flinders Children's Centre and Tji Tji Wiltja Preschool Sun Smart Policy aims to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practises which can help reduce the incidence of skin cancer and related deaths.
- Personal responsibility for and decision making about skin protection.
- To maintain the safety and health of children in relation to the danger of exposure to the sun.
- To maintain and increase the knowledge regarding sun exposure dangers
- To prevent sunburn and over-exposure to Ultra Violet Radiation.

## **Implementation**

Consistent with the Department for Education and SunSmart guidelines, this policy is implemented during terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Staff will access the daily sun protection times via the SunSmart app, <u>http://www.myuv.com.au</u>or <u>http://www.bom.gov.au/sa/uv/</u>to assist with implementing this policy.

## 1. Take care to protect the skin from ultraviolet radiation when playing outdoors.

Educators will plan, program and implement activities that minimise the risk of sun exposure during peak UV times of the day.

- 1.1. Between 10 am 2 pm activities will be located in shaded areas. Children will be directed to play in the shaded areas.
- Educators/ staff to structure outdoor play activities prior to 10:30 am on days where temperatures are over 36 degrees.

## 2. Wear appropriate clothing that protects the skin.

Children, educators and visitors will be expected to wear a broad-brimmed hat, legionnaire style hat or bucket hat when outdoors.

- 2.1. When children do not have a hat, the Preschool's policy of "NO HAT NO OUTDOOR PLAY" will be implemented and children without a hat will only be able to access indoor & decking areas.
- 2.2. Children will be encouraged to wear clothing that covers their shoulders, e.g. no strappy tops or tank tops.

## 3. Apply a broad-spectrum sunscreen.

Parents are expected to apply SPF30 or above broad-spectrum, water-resistant sunscreen to children every morning.

- 3.1. Sunscreen will be available at the Preschool for parents to apply to their child.
- 3.2. Children will be supported to apply their own sunscreen to their face, neck, ears and any other exposed skin, 20 minutes before outdoor activities. This allows adequate time for correct sunscreen application.
- 3.3. Children who require their own sunscreen due to allergies etc., will need to be provided with their own individual sunscreen in its original container labelled clearly with their name. This sunscreen will be stored safely and given out to children when required.
- 4. Reinforcing the skin protection message in all Preschool activities and in general Preschool procedures is an important strategy in adopting skin protection procedures.
  - 4.1. Educators will role model skin protection strategies in all Preschool activities.
  - 4.2. Skin cancer prevention will be included in our learning curriculum. Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA.
  - 4.3. Information about the Preschool's Sun Smart Policy will be given to all new educators, children and families.
  - 4.4. Information regarding sun protection will be regularly communicated with families through a newsletter.

This policy is in line with the ACECQA regulations (NQS 2.3 regulation 168 (2) a, ii and related key regulation 114 and DECD policy.

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**Reviewed Date: September 2023** 

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Approved by Governing Council:

Chairperson

September 2024