



## 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.

### Aims

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, <http://www.myuv.com.au> or <http://www.bom.gov.au/sa/uv/> 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.
- 1.2. 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.

