

Sun Protection and Clothing

References: Regulation 168(2)(a)
National Quality Standard 2.3



The sun emits different types of radiation – visible light that we see, infrared radiation (heat) that we feel (refer Hot/Cold Weather Procedures) and ultraviolet (UV) radiation which we cannot see or feel and damages our skin, with damage accumulating over time and is the main cause of skin cancer.

Educators/Team Members are required to familiarise themselves with the daily Sun Smart [UV app/widget](#) to assist them with their sun protection behaviour and practices.

Australia has one of the highest skin cancer rate in the world and sun exposure during childhood is a critical factor in determining future skin cancer risk. Kozy Kids aims to support and promote sun protection for young children and adults. We believe that children should be protected from excessive UV radiation from the sun with the use of hats, protective clothing, shade, sunscreen and sunglasses (if practical) when the UV is 3 and above.

When the UV is below 3, no sun protection is required or recommended, and you can safely be outdoors with sun protection. This is an ideal time to get vitamin D from the sunlight. Vitamin D is vital for the development and maintenance of strong, healthy bones. A balance is required to achieve enough sun exposure to maintain adequate vitamin D levels while minimising the risk of skin cancer. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

When UV radiation is 3 and above:

In line with the Department for Education and SunSmart guidelines, this sun protection policy is implemented **from 1 August to 30 April, and when the UV radiation level is 3 and above at other times.**

Procedures:

- the centre will be mindful throughout the year of the daily **sun protection times** which are the times each day when the UV is 3 and above. These times will be sourced from the SunSmart app daily and daily programming/scheduling may adjust slightly to accommodate.
- skin protection will be in place for all outdoor activities when the level is 3 and above. Even on cloudy and relatively cool days, UV radiation levels can still be 3 and above and will cause skin damage.
- Daily routines will be considered to minimise outdoor experiences during the peak UV radiation times (over the middle of the day)
- Visitors and parents at the Centre will be encouraged to role model SunSmart behaviours.
- The centre will regularly provide sun protection information to families (e.g. via newsletters) and all new families and staff will be made aware of this policy.
- We encourage families to be a positive role model by implementing ‘SunSmart’ practices at home e.g. all family members wear hats, sleeved shirts when outdoors when the UV is 3 and above.
- Sun protection awareness activities will be included in the program and children will be encouraged to use their emerging autonomy to act to protect themselves i.e. older children to apply own sunscreen under supervision, etc.

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Needs to be revised November 2021

Protective Clothing

- Sun protective clothing and hats will be required for outdoor play. Protective clothing must include elbow-length short sleeve tops with collars and longer-style shorts/skirts/dresses to act as a barrier between the UV rays and the skin. Clothing is an essential sun protective strategy and should cover as much skin as possible when outdoors.
- Parents will ensure that a named sun protective hat for their child is available every day. Sun protective hats provide neck protection as well as face protection, e.g. broad brimmed, legionnaires or bucket hats (that are large enough to adequately cover the face and neck). Baseball caps are not acceptable.
- The service will endeavour to provide spare hats and tops to cover more skin in each room for children who are not adequately covered/do not bring their own.
- If no hat is available, children will be asked to play in an area fully protected from the sun.
- Staff are required to protect themselves and act as a role model for children by always wearing sun protective hats and clothing, and SPF30+ broad spectrum, water resistant sunscreen whilst outside during UV levels of 3 and above.
- Families are encouraged to consider the daily UV levels when dressing their child and make sure they are covered as much as possible with lightweight clothing. No singlet or midriff tops are allowed.
- Footwear: play is often full of physical activity and involves a range of physical movements. For children's safety, their shoes should be closed toe with little or no heel. Children who wear flimsy, high heel shoes or shoes with little covering put not only themselves at risk but also jeopardise the safety of those around them as a result of stumbles, falls or even bruising from high heel treads. UV radiation damages skin on all parts of the body including feet, so footwear that covers the feet are ideal.

Sunscreen and Shade

- We will provide and use adequate and effective shade whilst outside to assist to protect children from UV radiation.
- Staff will be vigilant to individual children's needs.
- Staff will check UV levels daily, provided and displayed by management.
- Staff will use discretion about restricting outside play over the middle of the day when the UV radiation levels are at their strongest.
- All children will be kept out of the direct sun as much as possible over the middle of the day.
- The Service will supply a broad-spectrum, water resistant sunscreen with a minimum SPF of 30+ for application 20 minutes prior to going outdoors.

Procedure

- The application of sunscreen will be to clean, dry skin 20 minutes prior to going outdoors and re-applied every two hours or more frequently if children are involved with water activities.
- If families prefer to use their own sunscreen it is to be labelled with the child's name and given to the carer. **Sunscreens are not to be left in children's bags.**
- It is expected that children arrive with sunscreen pre-applied at home or that parents apply sunscreen to their child on arrival at care. Ideally, the closer the application to the start time of the day's session, the better the skin protection for that morning as sunscreen lasts only two hours. If parents have not applied sunscreen to their child, please inform staff to ensure they are adequately protected, and staff will then apply sunscreen.
- Staff will apply sunscreen 20 minutes before children go outside, using hygienic procedures.

Babies' Skin Protection

- Babies' skin is thinner than adults' skin, is extremely sensitive and can burn easily from exposure to the sun.
- Babies under 12 months need to be kept out of direct sun when the UV index is 3 and above and in the shade at all times. Even when in the shade, the sun's UV can reflect from cement, sand and surfaces. The shade moves with the sun, so follow the shade.
- Clothing that covers as much of the infant's skin as possible is required and use a wrap if required. The tighter the fabric weave/structure, the better the sun protection.
- Babies need a hat that protects their face, neck and ears such as a soft legionnaire style hat with a flap at the back.
- SPF30+ broad spectrum, water resistant sunscreen for sensitive skin may be applied to any small areas of skin that cannot be protected by clothing, for infants 6 months and older.

Policy Source Acknowledgements

SunSmart Early Childhood Program, Cancer Council SA

www.sunsmart.org.au

Cancer Council SA

www.cancersa.org.au

This policy is reviewed regularly (at least every 3 years) by Cancer Council SA and abides by the guidelines of the National SunSmart Early Childhood Program.

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Hot/Cold Weather Procedures

- Daily routines will be considered to minimise outdoor experiences during the hottest times of the day
- Staff will use discretion about restricting outside play on extremely hot days.
- The service will endeavour to provide spare hats and jumpers in each room for children who do not bring their own.
- Children will be re-hydrated regularly with water.
- Families are encouraged to consider the daily weather conditions when dressing their child and packing spare clothes in their bag.

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