



Naracoorte North Kindergarten

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Sun Protection Skin Protection Procedure

Aims

- to educate children at a young age on how to achieve a healthy UV exposure balance, to help with vitamin D and minimise the risk of skin cancer.
- to promote skin protection awareness with-in the Kindergarten community including children, parents and staff .
- to promote a positive attitude and personal responsibility towards skin protection

Procedures

The Sun Protection Procedure will be in place throughout the year and implemented during Terms 1, 3 & 4 and any other day the ultraviolet radiation (UV) level is 3 and above, to ensure the protection against skin damage, caused by overexposure to UV radiation from the sun. For other times of the year, the daily UV radiation levels will be sourced via the [SunSmart app](#) or via www.myUV.com.au

Staff and parents are encouraged to be role models for our skin protection policy and to introduce and promote SunSmart behaviour to the children.

Children, staff, parents and visitors will be encouraged to follow these skin protection rules:

- Hats, sunscreen and sun safe protective clothing will be worn by children, staff, playgroup children and parents, whilst using available shade for outdoor activities as much as possible.
- NO HAT - NO OUTDOOR PLAY and those without a hat will be required to remain in an area protected from the sun.
- Parents will be encouraged to apply SPF 30+ broad spectrum, water resistant sunscreen to their children 20 minutes before the kindergarten session commences
- Staff will apply SPF 30+ broad-spectrum sunscreen to all the children after the lunch break and 20 minutes prior to going outdoors.
Parents are encouraged to dress their children in appropriate sun safe clothing to cover and protect the skin.
This includes:
 - No singlet or midriff tops or bare shoulders.
 - Hats must be a legionnaire style hat, a broad brimmed hat or a bucket style hat. Baseball caps are not acceptable.
 - Tops and dresses with sleeves and collars are preferable.
- The program offered by the Kindergarten will enable children to access the Outdoor Learning Environment throughout the day, allowing exposure to sunlight for a healthy UV balance to help with vitamin D, whilst minimising the risk of skin cancer. When the UV is below 3, this is an ideal time to receive vitamin D, so no sun protection will be used.
- Outdoor activities will be restricted to protected and shaded areas between the daily sun protection times and extra care will be taken during the peak UV times over the middle of the day.
- Staff will model and promote positive skin protection awareness by wearing appropriate sun protective hats and clothing and applying sunscreen 20 minutes prior to going outdoors.
- Parents/carers and play group families will be informed of the Sun Protection Policy and encouraged to role model SunSmart behaviour. Age appropriate sun protection awareness will be implemented within the curriculum.
- The Kindergarten will provide sufficient shade so as to provide adequate sun-protected areas for the staff and children.

The Sun Protection procedure will be reviewed by staff and Governing Council members annually (and at least every three years to Cancer SA – Sunsmart Program to ensure the policy remains current and relevant.

Endorsed by the Governing Council on

Chairperson

Director

Review Date



Government of South Australia

Department for Education