



LAURA

PRESCHOOL | RURAL CARE

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Sun protection policy

National Quality Standard Area 2 | Children's health and safety

2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Purpose

The sun's UV can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk. Our service recognises the value of outdoor play and learning in a sun safe way. We are committed to ensuring all children, educators and staff are protected from ultraviolet (UV) radiation for all outdoor activities.

This includes:

- Providing shade in the outdoor environment.
- Ensuring all sun protection measures are promoted and implemented.
- Encouraging and supporting children to develop independent sun protection skills.
- Providing information to families about the importance of sun protection measures and communicating with families about specific expectations within the service through family newsletters, service handbook, noticeboards and the service's website.
- Providing learning opportunities for children about the importance of sun protection measures.
- Role modelling sun protection measures.

This policy applies to all service operation, on or off site.

Environment

Shade

- Well-designed and positioned shade can significantly reduce direct and indirect UV exposure and create cool, comfortable spaces for outdoor learning and play. Shade can be natural (trees, shrubs or



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shadow cast from nearby buildings), built (pergola, shade sails, etc.), portable (shade umbrellas, marquees, etc.) or a combination of these.

- The availability of shade (natural, built, temporary) is considered when planning all outdoor activities.
- Sun protection considerations and actions are included in risk assessment for excursions.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- Shade provision is considered in future plans and upgrades.

Sun Protection

- Sunscreen is used during the daily sun protection times or whenever UV levels are 3+. Hats are always worn outside.
- If a child has individual sun protection needs, health support planning procedures will be followed, involving the development of a health support agreement, safety risk management plan and provision of documentation from the child's treating doctor.
- Educators monitor the daily sun protection times for Laura (or off-site location of service operation) using the SunSmart App.
- Educators record the daily sun protection times on the sunscreen application charts.

Babies

- Babies under 12 months are kept out of direct sun when UV levels are 3 or higher.
- The widespread use of sunscreen on babies under 6 months old is not recommended. The best sun protection can be achieved when a combination of physical sun protection measures such as shade, clothing and hats are used. For those small areas of exposed skin not protected by clothing or hats, we apply approved sunscreen to infants six months and older.

Hats

- All children and educators are to wear hats outdoors during the daily sun protection times.
- At Laura Preschool Centre children spend significant periods of time outdoors. For this reason, hats are encouraged for all outdoor play even when the UV level is below 3.
- Families should supply a hat which shades the face, neck and ears such as a wide-brimmed or bucket hat (at least 5cm brim for young children) or legionnaire hat. Caps and visors do not provide enough protection and should be swapped for a UV protective hat.
- Children are encouraged to leave their hats at the Preschool Centre, taking them home periodically for washing as required.
- The centre keeps a supply of spare hats for children without a sun protective hat.

Clothing

- If you can see skin, UV can reach it. Clothing can be a great barrier between the sun's UV and skin. Children should wear loose-fitting clothing that covers as much skin as possible. Densely woven fabric such as cotton are preferred.
- Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts, skirts and dresses for their child.
- If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors.

Sunscreen

- Laura Preschool Centre supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen with an Australian Licence (Aust L) number. Expiry dates are monitored and sunscreen is not used once the date has passed. Sunscreen is stored (usually in the laundry cupboards) below 30 degrees and out of direct sunlight.

- For all children over 6 months, sunscreen is applied to any skin not protected by clothing 20 minutes before going outdoors and reapplied every two hours or more frequently if sweating or engaged in water activities.
- Educators document when sunscreen is applied for each child.
- To help develop independent skills ready for school, children from three years of age are encouraged and given opportunities to apply their own sunscreen under supervision of staff.
- Where children have allergies or sensitivities to sunscreen, parents are asked to provide an alternative sunscreen which is named and stored with the Preschool Centre sunscreen. Children with their own sunscreen will be identified on the sunscreen charts (e.g. via asterisk/highlighting).

Sunglasses

- Families are welcome to provide close fitting, wrap around sunglasses that cover as much of the eye area as possible. Where practical for the age of the child and the activity, educators will encourage children to wear their sunglasses.

NB: Wearing a hat with a brim that shades the eyes can also reduce UV radiation to the eyes by 50%.

Sun protection curriculum

- Sun protection is incorporated into the learning and development program and routines involving checking the daily sun protection times and identifying the appropriate sun protection measures.
- The sun protection policy is reinforced by educators and through children's activities and displays.

Supporting information

<https://www.SunSmart.com.au>

Approvals

Status: Current

Version: 0.1

Approved by: Leanne Opperman | Principal, Laura Primary School

Approved by: Ricky Pech | Governing Council, Laura Primary School

Approval date: 17/6/2025 Click or tap to enter a date.

Next review date: 17/6/2028 Click or tap to enter a date. (3 years from the approved date)

Revision record

(List the revision record in order of most recent updates at the top)

Version: 1.0

Approved by: Name | Director, Site Name

Approved date: Click or tap to enter a date.

Next review date: Click or tap to enter a date.

Amendment(s): document creation.

