



## Sun safety

*Australia has the highest incidence of skin cancer in the world, with two out of every three people developing some form of skin cancer. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing in later life.*

*Ultraviolet (UV) radiation is an invisible source of radiation from the sun and unlike infrared radiation (heat) we cannot feel UV on our skin. UV levels are not dependent on weather conditions. You can get sun damage on windy, cloudy and cool days. Sun damage is caused by UV radiation, not temperature or sunshine.*

*Cancer Council SA*

Challa Gardens Preschool is committed to providing and maintaining a safe and healthy working and learning environment for staff, families, children and visitors to our preschool. To achieve these aims, the preschool has developed these guidelines regarding sun-smart practices

### Site Context

#### Outdoor area

Challa Gardens Preschool has undergone significant work to upgrade our outdoor facilities in order to provide suitable, engaging and challenging learning spaces. Our outdoor area has a number of trees which provide shade as well as two large shade structures providing up to 98% UV-B block out – one over the sandpit and platform. Our building has a veranda erected along its entire length. The veranda also has blinds, which provide further protection.

#### Checking UV

Staff use the SunSmart widget on our website or the SunSmart app on our iPads daily to check the recommended sun protection times for our location and implement sun protection during these times.

The UV reaches 3 and above during Terms 1, 3 and 4 on most days. Educators still monitor the SunSmart widget during May, which is usually the start of term 2 has the UV reaches 3 and above during the middle of the day.

During, June and July in South Australia, skin protection is unnecessary for most people as UV radiation levels generally fall below 3. On a typical preschool day during May, June and July, when UV levels are below 3, most people have a low chance of skin damage from the sun.

## Hats and clothing

*"Sensible sun protection does not put people at risk of vitamin D deficiency. But there are times when it's important to leave your hat and sunscreen off." (Professor Brenda Wilson, CEO of Cancer Council SA)*

All children must wear a hat outside during daily sun protection times shown on the SunSmart widget. A broad-brimmed, legionnaire or bucket hat is required. Parents/caregivers must provide hats. Baseball caps are not acceptable. Children not wearing a hat or wearing inappropriate hats will be expected to play in the shade.

Appropriate sun protective clothing for children is recommended, including shirts with collars and longer sleeves, e.g., to the elbow, and longer-style shorts/skirts. Singlets and shoestring-strap tops are not allowed. Children not wearing appropriate clothing will be expected to play in the shade.

## Sunscreen

Challa Gardens Preschool will provide SPF 50 or higher **broad-spectrum, water-resistant sunscreen** for children to use daily.

- Families are responsible for applying sunscreen to their child before arriving at preschool.
- If this is missed, centre sunscreen is available near the sign-in sheet for families.
- Children will reapply sunscreen at two key times: before 10:00 am and again at 12:30 pm, under the supervision of educators.
- Children will be encouraged to apply sunscreen with guidance, promoting independence.
- For children who are unable to apply it themselves, consent for sunscreen application is gathered at enrolment.

If a child has a known sensitivity to sunscreen, families must:

- Inform educators during enrolment or as soon as possible
- Provide a clearly **labelled alternative sunscreen**, which will be stored safely and used as required.

## Scheduling

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

A combination of sun protection measures is considered when planning outdoor activities such as excursions

*Peak UV times of the day are when the UV is highest in the day and are different from the local sun protection times which change daily issued by the Bureau of Meteorology. For an implementation guide peak UV times of the day are: 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.*

*Cancer Council SA*

## Shade

Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage children to play in the shade.

## Work Health and Safety and Role Modelling

- For work health and safety and role modelling, during daily sun protection times, staff are required to practice SunSmart behaviours including wearing sun protective hats, clothing, and sunglasses when outside, applying SPF 50+ broad-spectrum, water-resistant sunscreen and seeking whenever possible. Staff are expected to wear their own sun protective clothing, hat and sunglasses. Staff can access the Preschool sunscreen or supply their own.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities with the centre.

## Education

Sun protection is incorporated into the learning framework and/or planned experiences.

## Policy promotion

Sun protection information and the sun protection policy is promoted to the whole preschool community including staff, volunteers and families through newsletters, website, staff meetings and enrolment packs.

## Policy review

The preschool will review the policy regularly (at least every three years) and revise the policy when required.

## References

Cancer Council SA

<http://www.cancersa.org.au/asp/sunsmart.aspx>

DfE Sun exposure guidance (2024)

National Quality Standard 2.3 (2011)

[http://acecqa.gov.au/storage/2-DE\\_03\\_National%20Quality%20Standard\\_v8\\_Secn1.pdf](http://acecqa.gov.au/storage/2-DE_03_National%20Quality%20Standard_v8_Secn1.pdf)

Work Health and Safety Act 2012

<http://www.legislation.sa.gov.au/LZ/C/A/Work%20Health%20and%20Safety%20Act%202012.aspx>

Work Health and Safety Regulations 2012

<http://www.legislation.sa.gov.au/LZ/C/R/Work%20Health%20and%20Safety%20Regulations%202012.aspx>