

Sun protection policy review checklist for South Australian early childhood centres.

Please use this checklist to assist with writing and reviewing your sun protection policy.

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| | <p>Sun protection times: The sun protection policy is in place during terms 1, 3 and 4 (or 1 August to 30 April) and when the ultraviolet (UV) radiation level is 3 and above, at other times.</p> <p><i>If your location is in or south of Kingston SE or Naracoorte due to lower latitude, during August your centre can choose to implement sun protection only when the UV is 3 and above. Procedures must be implemented to ensure sun protection times are monitored daily.</i></p> <p><i>If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July due to higher local UV Index from being closer to the equator.</i></p> |
| | <p>Scheduling: Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.</p> <p>A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.</p> |
| | <p>Slip on clothing: Appropriate sun protective clothing is to be worn, including tops with collars and longer sleeves and longer style skirts and shorts. No singlet or midriff tops are allowed.</p> |
| | <p>Slop on sunscreen: SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the centre for children and staff use. Alternatively, families and staff are asked to supply their own sunscreen. Sunscreen is applied 20 minutes before going outdoors and re-applied every two hours if outdoors. Outline in the policy your centre's sunscreen application and reminder processes.</p> |
| | <p>Slap on a hat: All children and staff are required to wear a broad-brimmed, legionnaire or bucket hat. Baseball caps are not acceptable. Children who do not have appropriate hats or clothing with them are asked to play in an area protected from the sun.</p> |
| | <p>Seek shade: Staff to use available areas of shade for outdoor activities as much as possible.</p> <p>The centre has shade from at least two of the following:</p> <ul style="list-style-type: none"> – shady trees – built shade structures, and/or – portable shade structures. <p>If minimal shade is available, management have plans to invest in more.</p> |
| | <p>Slide on sunglasses (optional): If practical, encourage children to wear close fitting wraparound sunglasses that provide the best protection. Sunglasses should meet Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category 2, 3 or 4).</p> |
| | <p>Babies: Infants (under the age of 12 months) should be kept out of the direct sunlight as much as possible when the UV radiation is 3 and above. Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants six months and older.</p> |
| | <p>Curriculum: Age appropriate information on sun protection is included in children's programming.</p> |
| | <p>WH&S and role modelling: For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors. Alternatively, UV risk controls for staff may be covered in a separate Work Health and Safety policy.</p> <p>Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the centre.</p> |
| | <p>Policy promotion: SunSmart behaviour is regularly reinforced and promoted to the whole community (e.g. via newsletters). All families and staff members are informed of the policy.</p> |
| | <p>Policy review: The sun protection policy is reviewed regularly (at least every three years) to ensure the information remains current and relevant.</p> |