Sun smart policy

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun’s UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Therefore, in line with the Cancer Council of South Australia’s recommendations, children are required to wear a hat for all outdoor activities from 1 September to 30 April and whenever UV levels reach 3 and above at other times.

All children and adults at this centre are required to wear a hat outdoors when UV levels reach 3 or above. The cancer council of South Australia advises that children wear hats with the following specifications:
- A broad brimmed hat with a brim width of at least 7.5cm
- A legionnaire style hat where the back flap meets the side of the front peak
- A bucket hat with a deep crown that sits low on the head and has an angled brim which is at least 5cm wide.

Staff will model positive sun safety behaviours by:
- Wearing appropriate head wear while outdoors.
- Setting up outdoor activities in shaded areas on hot days, where possible.
- Monitoring the heat levels of all outdoor equipment and surfaces.
- Directing children to play in shaded areas when appropriate.
- Apply sunscreen to children who are attending full days, at an appropriate interval before afternoon outdoor sessions.
- Reminding children to wear their hats.
- Encouraging children to drink plenty of water.

Parents are asked to support our sun safety policy by:
- Providing their child with an appropriate named hat
- Applying SPF 30+ broad spectrum sunscreen on their child at the beginning of every session
- Ensuring that their child comes to Kindy wearing appropriate sun safe clothing that covers as much skin as possible. Please do not send your child in tank tops or sleeveless dresses etc.

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