

BERMAGUI PRESCHOOL



4.03 Sun Safety

This policy was approved by the Nominated Supervisor in consultation with staff and families.

Date Approved: March 2026

Review Date: March 2029

Aim

Australia has one of the highest rates of skin cancer in the world. Research indicates that young children have particularly sensitive skin, placing them at greater risk of sunburn and long-term skin damage. Exposure during the first 15 years of life significantly increases the risk of developing skin cancer later in life.

Goals

Bermagui Preschool is committed to protecting children, staff and visitors from harmful UV radiation by implementing sun protection strategies in line with recommendations from the Cancer Council Australia SunSmart program and the National Quality Framework.

Sun protection measures will be balanced with safe sun exposure, taking into account individual health needs, cultural practices and family preferences.

Outdoor Activities

Sun protection practices are implemented whenever the UV Index is 3 or above, as advised by the SunSmart program.

- In Terms 1 and 4, sun protection is required at all times. Extra care is taken between 11:00am and 3:00pm, with outdoor play minimised during peak UV periods.
- In Terms 2 and 3, sun protection is generally required between 10:00am and 2:00pm (excluding June and July, when UV levels are typically lower).
- Daily UV levels are monitored and guide decision-making, rather than relying solely on seasonal patterns.
- Sun protection measures are considered when planning excursions and outdoor experiences.

Shade

A balance of shaded and sunlit areas is provided.

- Outdoor play experiences are set up in shaded areas and adjusted throughout the day to follow shade patterns.
- The service provides and maintains adequate shade through a combination of natural, built and portable shade.
- Regular shade assessments are conducted, and a sun/shade audit is completed annually to ensure effectiveness.

Hats

Children and staff are required to wear sun safe hats when outdoors.

Sun safe hats include:

- Legionnaire hats
- Bucket hats with a deep crown and minimum 5cm brim (6cm for adults)
- Broad-brimmed hats with at least a 6cm brim (7.5cm for adults)

Baseball caps and visors are not considered sun safe. Children without an appropriate hat will be directed to play in shaded areas or provided with a spare hat.

Clothing

When outdoors, children and staff are encouraged to wear sun safe clothing that covers as much skin as possible, including:

- Loose-fitting shirts or dresses with sleeves and covered necklines
- Longer-style shorts, skirts or trousers

Children not wearing appropriate clothing may be provided with spare clothing or directed to shaded play areas. Midriff, crop or singlet tops are not recommended.

Sunscreen

- SPF50+ broad-spectrum, water-resistant sunscreen is applied to all exposed skin 20 minutes before outdoor play.
- Sunscreen is reapplied every 2 hours, or more frequently if required.
- Sunscreen is stored correctly and monitored for expiry dates.

Babies

Babies under 12 months are not exposed to direct sunlight.

- They remain in shaded areas when outdoors.
- They wear sun safe hats and protective clothing.
- Sunscreen may be applied to small areas of exposed skin not protected by clothing, in accordance with current health recommendations.

Cultural, Family and Health Considerations

Individual needs, including skin type, cultural practices and medical advice (such as Vitamin D requirements), are considered when implementing sun protection strategies in consultation with families.

Role Modelling

Staff model sun safe behaviour by:

- Wearing sun safe hats and clothing
- Applying SPF50+ sunscreen
- Using shaded areas
- Encouraging children to adopt sun safe practices

Families and visitors are encouraged to role model sun safe behaviour while at the service.

Education and Information

Sun protection is embedded within the educational program to promote awareness and understanding. Information is shared with staff, families and visitors through communication channels and displays.

Enrolment and Family Communication

At enrolment, families will:

- Be informed of the Sun Safety Policy
- Provide written authorisation for sunscreen application
- Be encouraged to provide sun safe clothing and hats

Families may supply their own sunscreen if required due to allergies or personal preference.

Related Policies

This policy is implemented in conjunction with the service's Supervision Policy.

Relevant Legislation

- Education and Care Services National Regulations
- Children (Education and Care Services National Law)

Sources

- Cancer Council Australia
- National Health and Medical Research Council
- NSW Health
- Early Childhood Australia Code of Ethics
- Being, Belonging and Becoming: The Early Years Learning Framework

Relevant Documentation

This policy is available at the service and on the Bermagui Preschool website and is discussed during enrolment and staff induction.

Version History

V1.0 – First Published: Pre-2021

V2.0 – Reviewed: March 2026

Updates include:

- Alignment with SunSmart UV Index guidance
- Inclusion of cultural and health considerations
- Addition of annual sun/shade audit
- Full policy formatting and compliance update