

## SUN PROTECTION AND CLOTHING POLICY

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### Contents

1	NQS .....	2
2	Aim.....	2
3	Related Policies.....	2
4	Who is affected by this Policy?.....	2
5	Children's Clothing.....	2
6	Scheduling outdoor activities .....	3
7	Hats.....	3
8	Sunscreen.....	3
9	Babies.....	4
10	Role Modelling.....	4
11	Education and Information.....	4
12	Sources.....	4
13	Review .....	4
14	Version Control Table.....	5

## 1 NQS

QA2	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
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## 2 Aim

To ensure that our services implement appropriate and culturally aware clothing and sun safety practices. These practices will ensure that children, families and educators are effectively engaging in actions that promote children's health and wellbeing.

## 3 Related Policies

The Kids' Uni Policies and Procedures apply to Kids' Uni North, Kids' Uni South, Kids' Uni CBD, Kids' Uni iC.

Physical Environment Policy (CHI-ADM-POL-046)

## 4 Who is affected by this Policy?

Children, Staff, Families, Management

## 5 Children's Clothing

- 5.1 Children should be clothed in an appropriate manner which will allow them to explore and play freely and not restrict them using equipment while at play.
- 5.2 Clothing should also allow easy access for toileting i.e. elasticised trousers, track pants – rather than buttons, zips, belts etc.
- 5.3 Children will be encouraged by educators to use aprons/paint shirts for messy play and art experiences to protect their clothing. Messy play is an important part of our educational program. For this reason, it is important children wear clothing which allows them to fully participate in these experiences.
- 5.4 Children's clothing should accommodate weather conditions. i.e. be loose and cool in summer to prevent overheating and warm enough for cold weather – including outdoor play. At all times educators will monitor children to ensure they are appropriately dressed for all weather, play experiences, rest and sleep routines. Whenever possible, educators will support children's autonomy in determining their own clothing, however at times, educators may need to make decisions on behalf of the child to ensure their comfort and safety e.g. for weather conditions or sun safety
- 5.5 Children should have appropriate footwear that enables them to play comfortably and not cause safety concerns. i.e. thongs, clogs or backless shoes or shoes that are incorrectly sized have a trip factor and do not allow children to use equipment safely.
- 5.6 Comfortable and non-restrictive clothing is important at sleep time to promote each child's comfort at this time of the day.
- 5.7 Clean and appropriate spare clothing will be made available to children should it be needed.
- 5.8 All clothing and belongings must be clearly labelled with the child's name.
- 5.9 Educators will respect cultural difference and preferences in clothing.
- 5.10 Educators will communicate with families about appropriate clothing.
- 5.11 When outdoors, educators and children are required to wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
  - i. Loose fitting shirts and dresses with sleeves and collars or covered neckline.

- ii. Longer style skirts, shorts and trousers.
- 5.12 Children who are not wearing sun safe clothing can be provided with spare clothing or will be encouraged to play in the shade.
- 5.13 Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.
- 5.14 In line with our safe sleep practices, and due to choking and strangulation risks, necklaces are not permitted to be worn by children in our services.

## 6 Scheduling outdoor activities

- 6.1 When planning outdoor activities the service will use a combination of sun protection measures. This will include:
  - i. Educators will check the UV index daily via the SunSmart App or Cancer Council Australia's website.
  - ii. If the UV factor reaches 3 and above, educators will need to consider the frequency and duration of their time in the outdoor environments particularly between the hours of 11am and 3pm. If the UV index is below 3, outdoor activities can take place at any time.
  - iii. Sunscreen will be applied to children 20 minutes before going outside if the UV index reaches 3 or higher, and will be reapplied every 2 hours, or as per manufacturer's instructions. If the UV index is lower than 3, sunscreen is not required.
  - iv. Personal sun safety practices such as hats, sun safe clothing and promoting play in shaded areas will be implemented all year round.
  - v. All outdoor activities are planned to occur in shaded areas.
  - vi. Shade options are provided, maintained and promoted to the children.
  - vii. Play-based learning activities are set up and moved throughout the day to take advantage of shade patterns. Shade options can include a combination of portable, natural and built shade. Educators will conduct regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.
  - viii. Outdoor experiences are rescheduled, whenever possible, to minimise time outdoors when the UV Index is 8 and above.
- 6.2 All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and in house activities.

## 7 Hats

- 7.1 Educators and children are required to wear sun safe hats that protect their face, neck and ears whenever they are outside. A sun safe hat is:
  - i. Legionnaire hat.
  - ii. Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
  - iii. Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).
- 7.2 Families are encouraged to assist staff during the morning to put hats on children. Whilst on excursion, children and staff will wear hats.

## 8 Sunscreen

- 8.1 Families will be encouraged to apply sunscreen to children on arrival. All educators and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours, or according to manufacturer's instructions.
- 8.2 Sunscreen is stored in a cool, dry place and the use-by-date monitored. Safety Data Sheets are available for this product.
- 8.3 Educators to check children for allergies to sunscreen, in which case, families to provide sunscreen that can be used on their child. Safety Data Sheets will be sought and kept available.

## 9 Babies

- 9.1 Babies under 12 months will be supported to play in the shade at all times. 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, apply sunscreen to infants six months and older when the UV is 3 or higher. The widespread use of sunscreen on babies under 6 months old is not recommended.

## 10 Role Modelling

- 10.1 Educators will act as role models and demonstrate sun safe behaviour by:
  - i. Wearing a sun safe hat (see Hats).
  - ii. Wearing sun safe clothing (see Clothing).
  - iii. Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
  - iv. Using and promoting shade.
  - v. Wearing sunglasses that meet the Australian Standard 1067:2003 (optional).
  - vi. Educators will engage children in checking UV rating daily, to support children's understanding of UV rating and sun risks.
- 10.2 Families and visitors are encouraged to role model positive sun safe behaviour.

## 11 Education and Information

- i. Sun protection is incorporated regularly into the learning and development program.
- ii. This policy is reinforced by educators and through children's activities and displays.
- iii. Children are encouraged to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

## 12 Sources

National Quality Standard  
 Work Health and Safety Regulation 2011  
 Cancer Council

## 13 Review

This policy will be reviewed every 2 years and the review will include Management, Employees, Families and Interested Parties.

## 14 Version Control Table

Version Control	Date Released	Next Review	Approved By	Amendment
1	Jul 2018	Jul 2021	K.Grose – Children's services Manager	Combined Sun safety and Clothing Policy.
2	August 2019	Jul 2021	L.Windisch – Director Kids Uni North	Reworded to clearly articulate scheduling of outdoor activities. Reworded section 9 – Babies.
3	October 2019	Oct 2021	L.Windisch – Director Kids Uni North	Reviewed following Cancer Council recommendations
4	November 2019	Oct 2021	Nicole Bray – Director Kids Uni iC	Updated to reflect name changes to Kids Uni iC
5	Oct 2021	Oct 2024	K.Grose – Children's services Manager	Updated links Added the exclusion of necklaces
6	July 2023	July 2025	Louise Windisch – Director Kids' Uni North	Reviewed in line with current Cancer Council Recommendations. Minor changes made to sun protection for infants, children's autonomy in clothing choices and Sun Safe education. Review period changed to every 2 years as per Cancer Council recommendations