



## Health and Safety

## Sun Protection

Reviewed: 25/07/2019 Next Review: August 2020

<b>Education and care services regulation/s</b>	<a href="#">Regulation 168 (2)(a)</a> Education and care service must have policies and procedures
<b>NSW Department of Education policy, procedure or guidelines</b>	The following department policy can be accessed from the preschool section of the department's <a href="#">website</a> <a href="#">Student Health in NSW Public Schools: A summary and consolidation of policy PD/2004/0034/V01</a> – Includes sun safety guidelines implementation document Sun safety <a href="#">support materials for guidance</a> in managing hazard and risks associated with sun safety
<b>National Quality Standard(s)</b>	<b>2.1: Health</b> Each child's health needs are supported <b>2.2.1: Supervision</b> Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury
<b><a href="#">Preschool Handbook</a> reference</b>	<a href="#">Preschool Handbook (PDF 7.2MB)</a> Wellbeing, page 42 Wellbeing Appendix 2.8 Sun Protection, page 53
<b>School policy or procedure</b>	Oak Flats Public School Care and Supervision Policy Oak Flats Public School Wellbeing Framework

## Introduction

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early childhood services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

## Aim

- Our preschool will follow best practice guidelines to protect children, family members educators and staff from the damaging effects of sun exposure.
- Our preschool will continue to be a SunSmart service.

## Implementation

When parents enrol their children they will be informed about the preschool's sun protection procedures. At this time they will be encouraged to discuss any special requirements their child may have with sun protection (including allergies) with our preschool teacher.

## Outdoor Activities

We will use a combination of sun protection measures whenever UV Index levels UV app on the phone and above. This will include:

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- From April to September outdoor activity can take place at any time. However, sun protection is required.
- In June and July when the UV index is mostly below 3, sun protection is not required. Extra care is needed for all children who have very fair skin.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

## Shade

All outdoor activities will be planned to maximise shaded areas. Play activities will be set up in the shade. We will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade. Our preschool outdoor spaces will include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun.

## Hats

- Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears.
- A sun safe hat is:
  - Legionnaire hat.
  - Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
  - Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

*Please note:* Children without a sun safe hat will be provided with a spare hat.

## Clothing

- When outdoors, educators, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
  - Loose fitting shirts and dresses with sleeves and collars or covered neckline.
  - Longer style skirts, shorts and trousers.
- Children who are not wearing sun safe clothing can be provided with spare clothing. Please note, midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

## Sunscreen

Parents/Guardians will apply sunscreen to all children on arrival at preschool and staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen before going outdoors for afternoon play.

Sunscreen is stored in a cool, dry place and the use-by-date monitored.

## Role Modeling

- Educators and staff will act as role models and demonstrate sun safe behaviour by:
  - Wearing a sun safe hat (see Hats above).
  - Wearing sun safe clothing (see Clothing above).
  - Applying SPF30+ broad-spectrum water-resistant sunscreen before going outdoors.
  - Using and promoting shade

## Education and Information

Sun protection information will be promoted to all staff, families and visitors. Educators will access further information from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) as needed.

## Evaluation

- Staff at Oak Flats Public School Preschool will monitor and review the effectiveness of the sun protection policy regularly.
- The service demonstrates Sun Smart behaviours with the wearing of suitable clothing and application of sunscreen.
- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The curriculum incorporates sun safety awareness experience.