



Health and Safety

Sun Protection

Reviewed: 18/08/2021 Next Review: Term 4 2022

Education and care services regulation/s	Regulation 168 (2)(a) Education and care service must have policies and procedures
NSW Department of Education policy, procedure or guidelines	The following department policy can be accessed from the preschool section of the department's website Student Health in NSW Public Schools: A summary and consolidation of policy PD/2004/0034/V01 – Includes sun safety guidelines implementation document Sun safety support materials for guidance in managing hazard and risks associated with sun safety
National Quality Standard(s)	2.1: Health Each child's health needs are supported 2.2.1: Supervision Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury
Leading and operating department preschool	Leading and operating department preschool guidelines Page 41 (staff only)
School policy or procedure	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 at the preschool. These will include:

- A daily check of the UV Index level on the SunSmart app on the phone. The levels are:
 - 0-2 - Low
 - 3-5 - Moderate
 - 6-7 - High
 - 8-10 - Very high
 - 11+ - Extreme
- 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.
- During terms 1 and 4, outdoor activities will occur from 9:00am until 11:00 am to avoid the hottest part of the day. During terms 2 and 3, outdoor activities will occur from 12:00 until 1:30pm.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities. Sun safety measures will be included in risk assessments for all excursions and whole school outdoor 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. The preschool has 2 COLAs, numerous large trees, a covered sandpit, a cubby house, and an area under the fixed equipment that all provide shade for the children. Children are encouraged to play in the shade when the UV index levels are high or above.

Hats

- Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears all year round.
- Hats are to be worn for all incursions within the school and excursions.
- 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. Spare hats are stored in the laundry and washed after every use.

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 a 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 are therefore not recommended. Parents are made aware of the appropriate sun-safe clothing to dress their children in.

Sunscreen

The preschool provides SPF50+ sunscreen for all staff and children. Children with allergies to the sunscreen provided or medical needs will have their sunscreen provided by their parents/carers. Parents/Guardians are encouraged to apply sunscreen to all children on arrival at preschool. Staff and children who do not have sunscreen on will apply SPF50+ broad-spectrum water-resistant sunscreen before going outdoors for play. If the children go outside at a later time, sunscreen will be reapplied.

Parents/Carers give signed permission for the staff to apply sunscreen when they enrol their child into the preschool. Copies of the signed permission notes are kept in the preschool office and the originals on the children's personal file in the main office.

Sunscreen is stored in a cool, dry place and the use-by-date is checked and documented at the start of each term..

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 websites www.cancercouncil.com.au/sunsmart and [SunSmart NSW](http://SunSmartNSW) as needed.

Posters promoting sun safety are displayed around the preschool and information is available for families from the Cancer Council.

Children are educated on sun safety through songs, books and discussions. Planned sun safety activities are included in the program especially during term 1 and 4 when the risks of sun damage are greater.

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.

