

<p><b><u>Name:</u>Sun Protection Policy</b></p>	<p><b><u>Sources:</u></b> Education and Care services National/NSW Regs2011 Sun Smart Child Care, A policy guide for service providers. Cancer Council NSW (2009)</p>
<p><b><u>Date:</u></b> 9/01/12 compiled by Cathy Marshall <b><u>Reviewed by:</u></b></p>	<p><b><u>NQS:</u></b> Area 2: Health and safety. Area 3:Physical environment. Area 6: Collaborative Partnerships <b><u>EYLF:</u></b> L/O 3 Wellbeing. L/O 2 Connected to our world L/O 4 Confident and involved learners. <b><u>Regs:</u></b> 4.3 , div2 shade , 4.2 Health and safety.</p>

**Aim:** To promote and implement Sun Smart practices to ensure the health and safety of the children and staff of Shoalhaven community Preschool are protected from harmful UV exposure.

**Explanation:** Unprotected exposure to UV radiation from the sun causes skin cell damage that can result in sun burn, skin aging, skin cancer and eye damage. Shoalhaven Community Preschool has a duty of care, WH&S responsibilities and licensing requirements to provide for sun protection. Children particularly have sensitive skin and exposure in the early years can increase the risk of skin damage and cancer in later life, even if it is not obvious at the time. Preschool has committed to support families in sun smart practices and establish life long sun protection habits for children. This is essential as Australia continues to have the highest rates of skin cancer in the world. We recognise that Early childhood services play a major role in minimising a child's UV exposure as children attend services at the times of day when UV radiation levels are highest.

### **Implementation:**

#### **Planned outdoor times**

- From October to March outdoor play will be minimised between 11.00am and 3:00pm. Minimising outdoor activity includes reducing the number and length of time the children are outside. The director will ensure all sun protection procedures are implemented, including hats, sun screen and sun safe clothing.
- From April to September outdoor play can take place at any time during the day. Sunscreen will be applied every time children are outside. Hats will always be worn, together with a warm hat if necessary.
- During all planned outdoor activities, including excursions, the staff will always consider the sun safe implications for themselves and the children.

#### **Hats**

- All staff and children are required to wear a sun hat outdoors that completely covers the head to protect the face, neck, crown of the head and ears.
- Hats are to be provided by the parents. A spare hat will be provided by preschool and washed after each use, if a parent does not supply a suitable hat. Staff are to provide their own suitable hat to wear whenever outdoors.

- Suitable hats include broad brimmed hats (brim at least 6cm for children and 7.5cm for adults), deep bucket style hats (brim at least 5cm) or a legionnaire style hat (flap at the back of cap). Caps or visors are not recommended as they do not provide sufficient sun protection.
- Sun hats are to be worn at all times through out the year when the children are outdoors.

### **Sunscreen**

- Sunscreen (SPF 30+ Water resistant broad spectrum) will be provided by the Preschool. Parents are encouraged to apply sunscreen to exposed areas of their child (face, arms, legs) in the morning before outdoor play. It is further recommended that sunscreen be applied 20 minutes prior to going outside.
- Sunscreen will be reapplied as necessary if it has been washed off or if children are outside more than two hours after the first application.
- Staff are encouraged to apply sunscreen each morning at home or at preschool if required.
- Sunscreen will be provided to the children who will be guided to apply to exposed skin prior to outdoor play in the afternoons if required. Independent application reduces the risk of cross infection.
- Written consent to apply sunscreen will be obtained from parents as a part of enrolment procedures.
- Parents will be encouraged to test for a possible allergy in a small area of their child's skin. If a child seems to have an allergy to the sunscreen provided by the preschool the parents will be asked to supply a suitable sunscreen to be used for their child at preschool.
- Sunscreen will be taken on all excursions and children will be supported to reapply after 2 hours since the previous application.

### **Clothing**

- Staff and children are required to wear appropriate sun protective clothing. Clothing should cover as much skin as possible. Loose fitting clothes in closely woven fabrics are ideal. All tops and shirts should cover the shoulders, back and chest.
- Singlet tops are discouraged, children will be changed into a shirt that covers the shoulders for outdoor play and excursions.
- Staff and children are able to wear UV protection sunglasses

### **Shade**

- Activities and outdoor morning tea will be set up in shaded areas whenever possible and moved as the sun moves if needed.
- Permanent shade structures, temporary shade structures and shade from trees will be used to provide adequate shade in outdoor spaces.
- Shade will never be used as the only method of sun protection as UV exposure can reflect off other surfaces.
- The preschool will conduct a shade audit annually in each yard to ensure adequate shade is provided in the yard children are playing in.

### **Sun protection education**

- Sun protection awareness will be included in the program to allow the children to gain an understanding of sun protection strategies. Making sun protection meaningful to the children will help them to take some

responsibility for their own sun protection (such as keeping their hat on outside).

- Parents will receive information about sun protection in our parent library and from newsletter items that promote sun protection awareness.
- Staff and management will continue to monitor current research to ensure our policy reflects best practice guidelines.
- Staff and visitors (including students) will role model sun smart practices at preschool. This includes wearing suitable hats and sunscreen.
- The sun protection policy will be included in the parent information booklet received prior to enrolment.
- The sun protection policy will be reviewed annually prior to the commencement of the new school year in consultation with the Cancer Council of NSW Sunsmart guidelines.