

SOS PRESCHOOL POLICY

SUN PROTECTION

NQS AREA: 2

National Regulation: 114, 168

Policy Review Date: March 2012 July 2016

Rationale

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 later on in 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

SOS Preschool's Sun Protection Policy has been developed to protect all children and staff (including students) from the harmful effects of ultraviolet (UV) radiation from the sun.

Our sun protection strategies are:

Outdoor Activities

- ◇ **From October to March** sun protection is required at all times. Extra sun protection is needed between 11.00am and 3.00pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length (duration) children are outside.
- ◇ **From April to September** (excluding June and July) outdoor activity can take place at any time. However, from between 10.00am and 2.00pm sun protection is required.
- ◇ **In June and July minimal sun protection is required.** However, for continuity of procedures staff and children will continue to wear hats when outside.

All sun protection measures will be factored into our Risk Assessment when planning excursions and incursions.

Shade

From beginning of Term 3 to end Term 2 the following year all outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of sun/shade patterns.

The preschool will provide and maintain adequate shade for outdoor play. Our shade options include shaded fencing, veranda, large trees, 2 large shade sails, 2 cubby houses and a fantastic stage area for all our budding performers.

Hats

Staff (including students) 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 with a size of at least 5cm (adults 6cm)
- ◇ Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm)

PLEASE NOTE: *Baseball caps or visors do not provide adequate sun protection and therefore are not appropriate for preschool.*

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under a shaded area, veranda or indoors) or will be provided with a spare hat.

Clothing

When outdoors, staff (including students) and children will wear sun safe clothing that covers as much of the skin (especially shoulders, back and stomach) as possible. This includes wearing:

- ◇ Loose fitting shirts and dresses with sleeves and collars or at least 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, shoestring strapped dresses do not provide enough sun protection and therefore are not recommended as suitable clothing for preschool.*

Sunscreen

All staff (including students) and children will apply SPF30+ broad-spectrum water resistant sunscreen before arriving at preschool. There will be sunscreen available for use during the day as needed. Sunscreen is located outside on the shelves near the First Aid Box. Staff will monitor the use by dates and replace all products as required.

Role Modelling

Staff (including students) will act as role models and demonstrate sun safe behaviour by:

- ◇ Wearing a sun safe hat (see **Hats**)
- ◇ Wearing sun safe clothing (see **Clothing**)
- ◇ Apply SPF30+ broad-spectrum water-resistant sunscreen (see **Sunscreen**)
- ◇ Using and promoting shade (see **Shade**)
- ◇ Wearing sunglasses that meet Australian Standards 1067 (optional)

Families and visitors are encouraged to role model positive sun safe behaviour.

Education and Information

Sun protection will be incorporated regularly into learning programs. Sun protection information sheets (from the Cancer Council) will be provided regularly to staff, families and visitors. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart

Policy Availability

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff (including students), families and visitors.

Review

Management and staff will monitor and review effectiveness of the Sun Protection Policy regularly. The preschool's Sun Protection Policy must be submitted every 2 years to the Cancer Council for review to ensure continued best practice. Refer to the Cancer Council's guidelines and website www.cancercouncil.com.au/sunsmart for further information.

Sources:

Cancer Council NSW Sample Policy Version May 2011