



SUN SAFETY POLICY

(This is one component of our Child Safe Environment Policies)

AIM:

The preschool protects and promotes sun awareness with the children and families. The children at the preschool will be protected from the sun whilst at preschool and encouraged to be aware of sun safety whilst at preschool and in the community.

PROCEDURE:

1. Scheduling outdoor activities QA1 – Educational program and practice, QA2 – Children’s health and safety
 - a. Sun protection times are a forecast for the time-of-day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.
 - b. UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements
 - c. UV radiation exposure is considered as part of a service’s risk management and assessment for all outdoor events and activities on and off-site.
 - d. When children are on excursions all sun protection practices are planned, organised, understood and available.
2. Shade QA3 – Physical environment
 - a. All outdoor activities are planned to occur in shaded areas.
 - b. Shade options are provided, maintained, and promoted to the children.
 - c. 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. Cancer Council encourages regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.

3. Hats QA2 – Children’s health and safety

- a. All staff and children are required to wear SunSmart hats* that protect their face, neck and ears. Hats are provided upon enrolment.
- b. Children without a SunSmart hat are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors), or are provided with a spare SunSmart hat.

* SunSmart hats include:

- i. Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- ii. Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- iii. Legionnaire style hats.

Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

4. Clothing QA2 – Children’s health and safety

- a) Staff and children are encouraged to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- b) Children without SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

*SunSmart clothing includes wearing:

- i. Loose fitting shirts and dresses with sleeves and collars or covered neckline.

- ii. Longer style skirts, shorts, and trousers.
- iii. Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

5. Sunscreen QA2 – Children’s health and safety

- a. Sunscreen provided will be SPF30 (or higher) broad-spectrum water-resistant sunscreen, this is to be applied by parents, and parents will ensure sunscreen is not left in children’s bags.
- b. All staff and children are required to apply SPF30 (or higher) broad-spectrum water-resistant sunscreen prior to going outdoors and reapply every 2 hours.
- c. Permission to apply sunscreen is included in the service enrolment form.
- d. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- e. Staff will support children to re-apply SPF30 (or higher) broad-spectrum water-resistant sunscreen prior to going outside and when the 2 hours has been exceeded.
- f. All sunscreen is stored in a cool, dry place and the expiry dates monitored
- g. Cancer Council recommends usage tests before applying a new sunscreen.

6. Role Modelling QA1 – Educational program and practice, QA5 – Relationships with children

Staff act as role models and demonstrate SunSmart behaviours by:

- a. Being positive role models in demonstrating SunSmart behaviour
- b. Applying SPF30 broad-spectrum water-resistant sunscreen
- c. Promoting the use of shade
- d. Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.

Sun safety is everyone’s responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside.

7. Education QA1 – Educational program and practice, QA4 – Staffing Arrangements, QA5 – Relationships with children

- a. Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions e.g. hat wearing, accessing daily UV levels

Further information is available from Cancer Council NSW’s website www.sunsmartnsw.com.au.

8. Information and policy availability QA6 – Collaborative partnerships with families and communities, QA7 – Governance and leadership

- a. Sun protection policy, procedures, requirements, and updates are made available to staff, families and visitors. Sun protection information and resources are accessible and communicated regularly to families.
- b. All parents/families are informed of the sun protection policy including appropriate hat, clothing, and sunscreen requirements on enrolling their child in the service.

9. Review QA4 – Staffing arrangements, QA7 – Governance and leadership

- a. Management and staff regularly monitor and review how effectively they implement their sun protection policy.

Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.

National Standards: All Seven Quality Areas

Law: Section 167 – protection from harm and hazards

Regulations: 113 Outdoor Space- Natural environment; 114 Outdoor Space- Shade; 168 Education and care service must have policies and procedures 2 (ii) Sun protection