

Sun Protection Policy

NQS 2.1 Each child's health and physical activity is supported and promoted

NQS 2.2 Each child is protected.

NQS 2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Introduction

Children attend preschool during times when UV radiation levels are highest, and as such Glенаeon Rudolf Steiner Preschool plays a major role in minimising a child's UV exposure. Please note this policy has been adapted from the *NSW Cancer Council Sun Protection Sample Policy*.

Aims

Our care and education service will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.

Procedure

Our sun protection strategies are:

Outdoor Activities

The service will use a combination of sun protection measures whenever **UV Index levels reach 3 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.
- From April to September (excluding June/July) outdoor activity can take place at any time however between 10am and 2pm sun protection is required.
- In June and July sun protection is not required- although children with very fair skin may need extra care.

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 occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The service will provide and maintain adequate shade for outdoor play. Shade options include a combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Broad brimmed or bucket hat with a brim size of at least 6cm or 5 cm bucket hat (adults 6 or 7.5cm).

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

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can 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:

- Shirts and dresses with sleeves and 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 allowed.

Sunscreen

- Parents are responsible for providing 4 hour sun protection each day their child attends, covering the time 8.30am-12.30pm.
- Children are inside from 12.30-2.30pm and only play outside in full shade or under shade cloth between 2.30 and 4.30pm.
- Where parents have requested sunscreen be applied after 2.30pm, a signed form must be lodged. Staff apply sunscreen in the amount according to the instructions on the bottle and ensure hygiene by applying sunscreen with a tissue - one for each child.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Role Modelling

Educators and staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing)
- Applying SPF30+ broad-spectrum water-resistant sunscreen as appropriate.
- Using and promoting shade.

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

Education and Information

Sun protection information will be promoted to all staff, families and visitors. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart

Sources

- Australian Children's Education & Care Quality Authority.
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015.
- Guide to the National Quality Standard.
- Occupational Health and Safety Act 2004

- Revised National Quality Standards
- Cancer Council - www.cancer council.com.au/

Evaluation

The service demonstrates sun protection behaviours with the wearing of suitable clothing and application of sunscreen as requested by parents.

- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The curriculum and program incorporates sun safety awareness experience.
- Management and staff monitor and review the effectiveness of the sun protection policy regularly to ensure its effectiveness in protecting both staff and children from the harmful effects of ultraviolet (UV) radiation from the sun.

Review

Date Reviewed	Modifications	Next Policy Review Due
Feb 2013 Nov 2013 May 2014 Oct 2014 Feb 2015 Feb 2016	<ul style="list-style-type: none"> • Revise with consideration of Cancer Council recommendations. • Parent Request form added for sun cream. 	Feb 2016
Nov 2017	<ul style="list-style-type: none"> • Updated the references to comply with the revised National Quality Standard. • Update wording in the Evaluation. • Ad 'sun safe clothing' to Role Modelling 	Nov 2018
Nov 2018	<ul style="list-style-type: none"> • Minor changes to wording 	Nov 2019