



Sun Protection

Reviewed: Management and staff will monitor and review the effectiveness of this policy at regular intervals throughout the year. The centre's policy must be reviewed every year and submitted to the NSW Cancer Council every three years in order to maintain its Sun Smart status. This policy is **due for review in December 2021**.

Associated National Quality Standards	Education and Care Services National Law or Regulation	Associated department policy, procedure or guideline
2.1 2.2	Regulation 114	Leading and Operating Department Preschool Guidelines Student health in NSW schools: A summary and consolidation of policy

Pre-reading and reference documents

[ACECQA Information sheet: Sun safety](#)
[Sun Smart Recommendations for Childcare Services](#)
[Sun Smart program](#)

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. At our service, we actively demonstrate and promote sun safe practices to our children, families, staff and visitors. We achieve this by including the teaching of these practices in our learning programs, communication with families and discussions with our staff. Protecting every child who attends our centre is our priority and we have developed this policy in order to protect everyone involved in our centre by reducing their exposure to harmful UV rays and decrease the incidence of skin cancer developing later in life. Our policy recommendations are listed below.

Recommendations

1. Scheduling Outdoor Activities

- 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.
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.

When planning excursions and incursions, sun safe practices should be considered and followed as set out above.

2. Shade

Outdoor activities will be planned to occur in shaded areas where possible and moved to shady areas of the playground as the shade patterns change throughout the day.

Activities will be provided under natural, built and portable shaded areas, such as verandas, portable umbrellas and under shady trees and shade cloth coverings.

3. Hats

All staff and children are required to wear a hat that protects their face, neck and ears. Suitable hats include;

- Legionnaire
- Bucket hat with a deep crown and brim of at least 5cm (child) or 6cm (adults)
- Broad-brimmed hat with brim size of at least 6cm (child) or 7.5cm (adults)
- Baseball caps are **NOT** recommended as they do not provide enough protection.

Children who do not have a sun safe hat will be provided with a spare clean preschool hat if it is available, otherwise they will be asked to play in an area protected by sufficient shade, such as the veranda or under shade cloth coverings. Parents will need to take the spare hat home and wash it returning to the preschool as soon as possible.

4. Clothing

When outdoors, all staff and children will wear clothing that covers as much skin as possible.

Suitable clothing includes;

- Sleeved shirts
- Longer style skirts, shorts or trousers
- Sun safe hat

Parents who send their child/ren to preschool wearing unsuitable clothing, such as singlet top will be asked to change their child into appropriate clothing before leaving the centre. Alternatively, the child will be restricted to playing in shaded areas at times where UV is at its highest for the day.

5. Sunscreen

All staff and children will apply SPF 30 + broad spectrum, water resistant sunscreen, at least 20 minutes prior to going outdoors. Families are required to leave a roll-on sunscreen for their child at preschool and replace this as required. If no suitable sunscreen is supplied, a child may utilise the general use sunscreen provided, if their family has signed the permission note for them to do so.

- Parents are asked to help their child apply sunscreen each day before coming to preschool or at drop off, to ensure children are sun safe and ready to go outdoors for play.
- Children will reapply sunscreen every two hours during outdoor play.
- If a parent and/or caregiver chooses to not apply sunscreen, or allow a staff member to apply sunscreen to their child/ren, a signed note and/or medical notice must be supplied. In this case, the child/ren will need to wear Sun Smart clothing, as detailed in this policy and play in the shade.

Sunscreen will be stored in a cool, dry place and expiry dates will be monitored.

6. Babies

There are no babies attending this centre. Children enrolled at Soldiers' Settlement Public School Preschool are all aged between 3 and 5 years old.

7. Role Modelling

Staff will demonstrate sun safe practices to others by wearing Sun-Smart;

- Clothing;
- Hats;
- sunglasses (optional);
- by applying SPF 30+ sunscreen;
- promoting shade.

All visitors and parents will be encouraged to demonstrate appropriate sun safe behaviours when working at or visiting the centre.

8. Education and Information

Sun protection will be addressed in learning experiences throughout the year to ensure children are aware of the reasons for being sun safe. Sun safe behaviour and sun protection information will also be promoted to all staff, families and visitors. Further information is available from Cancer Council NSW's website www.cancercouncil.com.au/sunsmart

10. Excursions

- All children and staff will be required to apply sunscreen SPF30+ broad-spectrum water-resistant 20 minutes before leaving on the excursion. This will be reapplied every three hours.
- All children and staff will be required to wear a suitable hat on the excursion which shades them from the sun. Suitable hats include broad-brimmed, bucket and legionnaire hats.
- All children and staff will be encouraged to wear suitable clothing on the excursion. Suitable clothing is clothing that covers as much skin as possible including the shoulders, back and stomach e.g. collars, covered necklines, sleeves, longer skirts, shorts and trousers.
- Wherever possible, excursions will be planned outside of the hottest hours of the day.
- Wherever possible, the children will sit inside or in shaded areas during outdoor excursions.

9. Policy Availability

This sun protection policy, updates and requirements will be made available to staff, families and visitors.