

Braidwood Preschool Sun Protection Policy

Aim

This sun protection policy has been developed to protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun throughout the year.

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 in later 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.

Relevant Legislation:

Children (Education and Care Services National Law Application) Act 2010 Section 167

Education and Care Services National Regulations

2011: Reg 100 - Risk assessment for excursions; Reg 113 – Outdoor space-natural environment;

Reg 114 – Outdoor space-shade, Reg 168 – Policies and procedures (2)(a)(ii) – Sun protection

National Quality Standards: Quality Areas 1, 2, 5, 6, 7

References:

Cancer Council's guidelines and website - www.cancerCouncil.com.au/sunsmart

Implementation of Sun Protection Strategies

Outdoor Activities

- **From October to March** sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. The morning outdoor play time will occur after 8.30am and before 11am, and the afternoon outdoor playtime will be from the closest possible time to 2.30pm, as the children depart for home at 3.30pm. In the afternoon outdoor play time, all children will be encouraged to play in the shade.
- **From April to September** (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required when daily UV level for Braidwood is above 3.
- **In June and July sun protection is not required**, unless the daily UV level for Braidwood is above 3. Staff will check the UV index on the Bureau of Meteorology website. (<http://www.bom.gov.au/australia/uv/index.shtml>)
- All sun protection measures will be considered when planning excursions and incursions.

Shade

Outdoor activities, especially during the period October to March, 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.

Braidwood Preschool will maintain the shade covers over the sandpit, and equipment, use portable shade covers and include natural shade, in the outdoor playground.

Hats

Staff and children are required to wear sun safe hats such as:

- Legionnaire hat.
- Bucket hat with a deep crown and brim 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 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, staff and children will wear sun safe clothing such as:

- Shirts and dresses with sleeves and collars or 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 recommended.

Sunglasses [Optional]

Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen

SPF 30+ or higher broad spectrum, water resistant sunscreen will be available for staff and children's use. Sunscreen is stored in a cool, dry place and the expiry date is monitored.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors, and before afternoon outdoor play. In June and July sun protection is not required, unless the daily UV level for Braidwood is above 3

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

From 2 years of age, children are encouraged to apply their own sunscreen under supervision of staff.

If parents prefer their child not to use Preschool supplied sunscreen, then they must provide sunscreen for their child.

In the period, September to April, parents will be encouraged to apply sunscreen on their child, before departure in the mornings.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum sunscreen, suitable for babies, may be applied to their exposed skin.

Role Modelling

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 20 minutes before going outdoors.
- Using and promoting play in the shade.
- Wearing sunglasses that meet the Australian Standard1067 (optional).

Families, volunteers and visitors are asked to role model positive sun safe behaviour.

Education and Information

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to staff, families and visitors. Further information is available from 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, families and visitors.

Review

Management and staff will monitor and review the effectiveness of the sun protection policy. Braidwood Preschool's sun protection policy must be submitted every two 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.

SunSmart Agreement

This centre agrees to enforce the above sun protection policy in line with the SunSmart Early Childhood Program recommendations and to inform Cancer Council NSW of any changes to the centre's policy and practices. The centre will take part in a review every 2 years.

Name: _____

Position: _____

Signature : _____

Date: _____

Policy updated: May 2016
Previous version: March 2014
Revision due: May 2017