

# Orange Grove Public School

## Sun Protection Policy

<b>Current</b>	4 December, 2019
<b>Next Review</b>	December, 2020
<b>Regulation(s)</b>	R.114 and 168 (2) (a)
<b>National Quality Standard(s)</b>	Standard 2.2: Safety- Each child is protected.
<b>Relevant DoE Policy and link</b>	<a href="#">Student Health in NSW Public Schools: A summary and consolidation of policy</a>
<b>DoE Preschool Handbook January 2016</b>	Wellbeing, page 42 Wellbeing Appendix 2.8 Sun Protection
<b>Key Resources</b>	<a href="#">Supporting students: sun safety (Wellbeing and learning)</a> <a href="#">Student sun safety risk management (Student safety - intranet)</a> <a href="#">Supporting students during hot weather (Wellbeing and learning)</a> <a href="#">Cancer Council- SunSmart Program</a>

### Introduction

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.

### Goals

- Our preschool will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.
- Our preschool will become a *SunSmart* service.

Our sun protection strategies are:

### Outdoor Activities

The staff understand the danger of UV levels of 3 and above and due to the location of the preschool in NSW will assume consistent sun protection strategies year round, even through the months April to September when UV levels are not as high. The preschool program will be planned to minimise time outdoors in the sun

between 10am and 2pm (11.00am and 3.00pm daylight savings time) each day to avoid prolonged exposure to the sun during harmful times.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions.

## **Shade**

The preschool will provide and maintain adequate shade for outdoor play and endeavours to maximise shade by the provision of shade structures and shade trees. Priority is given to areas where children play for extended periods eg. Sandpit and stage area. Activities are set up and moved throughout the day to take advantage of shade patterns.

All outdoor activities are planned to occur in the shade. Shade options can include a combination of portable, natural and built shade. Regular shade assessments are conducted to monitor existing shade structures

## **Hats**

Educators and children are required to wear a sun safe hat, which has been approved by the Cancer Council and protects the face, neck and ears.

Children without a SunSmart hat are encouraged to play in an area protected from the sun (eg. On the veranda, under the shade cloth or in the 'forest') or can be provided with a spare hat. Children at orange Grove Preschool will be required to wear a hat year round when playing outdoors to ensure appropriate sun protection.

A sun safe hat is:

- 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).
- Legionnaire hat.

These will then remain at preschool for the duration of the child's enrolment.

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

## **Clothing**

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

- Loose fitting shirts and dresses with sleeves, collars or covered neckline;
- Longer style skirts, shorts and trousers

Children who are not wearing sunsafe clothing can be provided with spare clothing or encouraged to play in an area that is protected from the sun

**Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.**

## **Sunscreen**

All staff and children will apply SPF 30+ broad spectrum water resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is provided by parents the beginning of the school year and stored in the preschool in a cool, dry place with the use by date monitored regularly.

Permission to apply sunscreen is included in the enrolment form. Where children have allergies or sensitivities and are unable to wear sunscreen s/he will be required to cover up with a long- sleeved top with collar and long pants and hat.

## **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 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard1067 (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 will be promoted to staff, families and visitors. Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://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. Parents will be informed on enrolment and through policy reviews, in newsletters and on noticeboards.

## **Review**

Staff will monitor and review the effectiveness of the sun protection policy regularly.

Orange Grove Preschool's SunSafe Policy will be submitted every two years to the Cancer Council for review to ensure continued best practice.

The preschool agrees to enforce the above Sun Protection policy in line with the SunSmart Early Childhood Program recommendations and to inform the Cancer Council NSW of any changes to policy and practices.

Refer to the Cancer Council's guidelines and website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) for further information.

## **Evaluation**

The preschool demonstrates SunSmart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The educational program incorporates sun safety awareness experience.
- The Preschool display the daily UV rating and hours of peak ratings at the foyer.

## **Sources**

- National Health and Medical Research Council – [www.nhmrc.gov.au](http://www.nhmrc.gov.au)
- NSW Department of Health – [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

## **Statutory Legislation & Considerations**

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations 2011