



# Springwood and District Preschool Kindergarten

## Sun Protection Policy

### Legislation:

*Education and Care Services National Law Act 2010: Section 167*  
*Occupational Health and Safety Act 2004*  
*Education and Care Services National Regulations 2018:*

### Quality Area 2 Children's Health & Safety

### Regulations

100 (risk assessment re: excursions –ie sun protection)  
 113- (The use of natural features such as trees, sand and natural vegetation.)  
 114, (Outdoor space—shade)  
 168 (2) Policies (a) health and safety, including matters relating to—(ii) sun protection;

### 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.

### Aim:

- To ensure that children and staff are protected throughout the year from the sun's harmful ultra violet radiation (UVR)
- To promote sun safety and reduce exposure to UVR through a comprehensive approach considering sun protective behaviour, organisation of activities, the preschool's outdoor environment and education of children, educators and parents and role modeling of adults in the preschool.
- To meet Education and Care Services National Law Act and Regulations 2010
- To meet Occupational Health and Safety Requirements (Occupational Health and Safety Act. 2000 and the Occupational Health and Safety Regulation 2001) relating to employees.

### Procedure:

- Sun Protection will occur all year round
- Springwood and District Preschool Kindergarten will use 4 sun protection strategies:



1. The use of sunscreen applied prior to children going outside
2. The use of shade via trees and shade-cloth
3. The use of hats and clothing with sleeves and sun glasses (where appropriate)
4. A curriculum designed to keep children out of the sun during the high UV times of the day.

#### Sun Protection Behaviours:

- All children and staff will wear sun safe hats that protect their face, neck, ears and crown of the head.

A sun safe hat is a:

- 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.**

- Parents are required to provide a legionnaires hat with a brim of approximately 5-6 cm or broad brimmed hat approximately 6-7 cm for their child, with their child's name clearly labeled.
- If parents forget to bring a hat for their child they will be required to play inside (if possible) or in the shaded areas. (This will most often be on the veranda).

Note: The Preschool will provide children with a spare hat and parents will be notified.

- Parents are requested to dress their children in clothing that gives protection from the sun, i.e. shirts or dresses with collars or high necks and sleeves; trousers, longer shorts or skirts and made from closely woven material. Clothing should cover as much skin as possible. Spare clothing will be kept if children attend the preschool inadequately dressed and a reminder given to parents on that day.
- Educators, volunteers and students will act as positive role models by wearing clothing that gives protection from the sun when outdoors and adheres to our clothing policy, by applying sun-block provided by the preschool and by wearing a suitable hat as outlined above.
- Parents, families and visitors will be requested to wear appropriate clothing and hats when involved in preschool activities.
- Staff, students and volunteers are required to role model Sun Protection behaviours by wearing a hat and appropriate clothing and wearing sunglasses that meet the Australian Standard 1067 (optional).
- Parents are requested to apply sunscreen to their children in the morning before they arrive. Each room has sunscreen pump for parents to use.
- SPF 30+, broad spectrum, water resistant sunscreen will be applied to all children before morning outdoor play and reapplied before afternoon outdoor play.
- Sunscreen will be applied 20 minutes before outdoor play and reapplied every 2 hours.
- Sunscreen will be applied using tissues, one for each child. Children's self help skills will be encouraged by allowing them to apply their own sunscreen when developmentally appropriate.
- Staff will apply and reapply SPF 30+, broad spectrum, water resistant sunscreen to themselves before morning and afternoon outdoor play time.
- Permission for sunscreen use will be sought from parents on each child's enrolment form.
- The use by date of sunscreen is monitored by the person responsible for checking first aid kits.

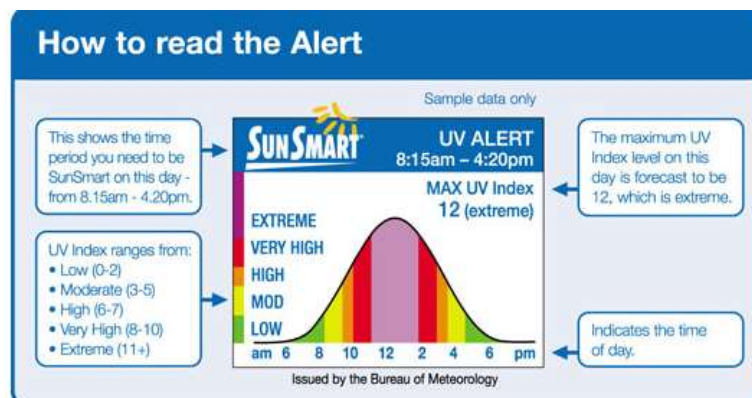
#### Organisation of outdoor activities

- From October to March sun protection is needed at all times and the preschool will minimise time outdoors in the sun between 11am and 2pm (Eastern Standard Time (11am and 3 pm



Daylight Saving Time). Programs will be broken up into blocks to ensure length of time outside is also minimised. (See daily program).

- Outdoor activities will be held in shaded areas wherever possible.
- Sun protection will be a specific consideration for excursions. Timing, sunscreen application/re application and the use of shade will be considered. Parents will be informed of specific sun protection requirements. (See Excursion Policy)
- From April to September (excluding June and July) outdoor activity can take place at any time. However sun protection is required.
- We will consider the Ultra Violet Radiation level when conducting outdoor activities. Temperature is not an indicator of UV radiation levels. UV radiation can penetrate clouds and bounce off surfaces. The easiest and most accurate way to work out the UV radiation levels is to check the UV alert which show the UV Index for Springwood. When the Index is 3 or above, skin damage can occur and sun protection is required. UV Alert can be checked at [www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv) (or via UVR monitor).



- The preschool has a summer and winter program that utilises the best times of the day to be outside and considers UV factor and weather conditions.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions (See Excursion Policy)

#### Shaded environments:

- The preschool will provide adequate shade for outdoor play and main outdoor equipment will be set up under shade structures. Equipment will be moved throughout the day to stay in the shaded areas.
- Springwood and District Preschool Kindergarten has many shade structures over areas where children play for extended periods, e.g. Sand pit and fixed play equipment, in order to maximise shade.
- The preschool has established trees which provide natural shade. Re-planting with established natives is done when necessary. Natural shade is considered when setting up and continuing experiences.
- A regular shade audit will be done to assess where and when the shade falls throughout the day to better plan the setting up of outdoor equipment.
- Yearly monitoring the quality and quantity of shade will occur.
- Fabric covering material should provide at least 90% shade and 95% UV-B block-out and shall comply with Australian Standard AS4174-1994.

#### Education:



- Sun protection awareness activities will be included in our program on a daily basis.
- Sun safety messages will be promoted to educators and parents via posters and literature and through educator professional development courses.
- Sun protection messages will be incorporated into enrolment information, excursion notes and parents newsletters.
- Brochures and posters will be accessed through the Cancer Council of NSW and displayed throughout the service. <http://www.cancercouncil.com.au/editorial.asp?pageid=1852> (see Attachment 1 for UV Alert Brochure)
- Information will be provided in various languages, if required, to ensure NESB parents understand the need for sun protection for all children and staff.
- This policy is available to parents in the policy located in the office.
- Regular sun safety information will be made available to parents such as ‘Sunsmart facts for parents’ from NSW Cancer Council <http://www.cancercouncil.com.au/editorial.asp?pageid=2454>
- Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The 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](http://www.cancercouncil.com.au/sunsmart) for further information.



## SunSmart Agreement

### Springwood and District Preschool Kindergarten

This 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 the preschool’s policy and practices. The preschool will take part in a review every 2 years.

**Name:** Jessica Jefferies

**Position:** Director

**Signature :** \_\_\_\_\_

**Date:** / /



<b>Links to Quality Areas and Standards:</b>	
<b>Quality Area 1</b>	<b>Educational Program and Practice</b>
<b>1.1 Program</b>	The educational program enhances each child's learning and development.
<b>1.1.1 Approved learning Framework</b>	Curriculum decision making contributes to each child's learning and development outcomes in relation to their identity, connection with community, wellbeing, confidence as learners and effectiveness as communicators.
<b>1.1.2 Child Centred</b>	Each child's current knowledge, strengths, ideas, culture, abilities and interests are the foundation of the program.
<b>1.1.3 Program learning opportunities</b>	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning
<b>Quality Area 2</b>	<b>Children's health and safety</b>
<b>2.1 Health</b>	<b>Each child's health and physical activity is supported and promoted.</b>
<b>2.1.1 Wellbeing and comfort</b>	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
<b>2.1.2 Health practices and procedures</b>	Effective illness and injury management and hygiene practices are promoted and implemented.
<b>2.1.3 Healthy lifestyle</b>	<i>Healthy eating and physical activity are promoted and appropriate for each child.</i>
<b>Quality Area 3</b>	<b>Physical Environment</b>
<b>3.1 Design</b>	<b>The design of the facilities is appropriate for the operation of a service.</b>
<b>3.1.1 Fit for Purpose</b>	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
<b>Quality Area 4</b>	<b>Staffing Arrangements</b>
<b>4.1 Staffing Arrangement</b>	<b>Staffing arrangements enhance children's learning and development.</b>
<b>4.1.1 Organisation of educators</b>	The organisation of educators across the service supports children's learning and development.
<b>Quality Area 5</b>	<b>Relationships with children</b>
<b>5.1 Relationships between educators and children</b>	<b>Respectful and equitable relationships are maintained with each child.</b>
<b>5.1.1 Positive educator to child interactions</b>	Responsive and meaningful interactions build trusting relationships which engage and support each child to feel secure, confident and included.
<b>Quality Area 6</b>	<b>Collaborative partnerships with families and communities</b>
<b>6.1 Supportive relationships with families</b>	<b>Respectful relationships with families are developed and maintained and families are supported in their parenting role.</b>
<b>6.2 Collaborative Partnerships</b>	<b>Collaborative partnerships enhance children's inclusion, learning and wellbeing.</b>
<b>Quality Area 7</b>	<b>Governance and Leadership</b>
<b>7.2 Leadership</b>	<b>Effective leadership builds and promotes a positive organisational culture and professional learning community.</b>
<b>7.2.2 Educational leadership</b>	The educational leader is supported and leads the development and implementation of the educational program and assessment and planning cycle.



**Source:**

National Asthma Council – [www.nationalasthma.org.au](http://www.nationalasthma.org.au)  
Asthma Australia – [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)  
Australasian Society of Clinical Immunology and Allergy – [www.allergy.org.au](http://www.allergy.org.au)  
Diabetes Australia – [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)  
Australian Children’s Education and Care Quality Authority (ACECQA) – [www.cecqa.gov.au](http://www.cecqa.gov.au)  
NSW Cancer Council – [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

*Policy Reviewed by:* \_\_\_\_\_ *Approved by:* \_\_\_\_\_

*Signature:* \_\_\_\_\_

*Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Next Review Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_