

## **SUN SAFETY POLICY**

Young children have sensitive skin and so are at particular risk of sun burn and skin damage. Exposure to UV radiation in the first 15 years of life can greatly increase the risk of developing skin cancer later in life. Most skin cancers can be prevented by reducing the exposure to UV radiation.

Preschool has an important role in the protection of children's skin and to teach sun safe habits for life.

Staff and visitors to the preschool are also required to protect their skin from UV radiation whilst at the preschool.

### **Scheduling Outdoor Activities**

- Sun protection is required for outdoor play – ie hats and sunscreen
- Between October and March outdoor activities will be minimised between 11am and 3pm (daylight saving time) Sun protection practices are required at all times when outside.
- Between April and September outdoor activities can be scheduled any time of day and sun protection is required between 10am and 2pm EST.
- Between June and July, when the UV index is mostly below 3, sun protection is not essential.
  - Outdoor activities are scheduled before and after peak UV times.
  - Sun protection is used when UV index is 3 or above.
  - Staff with smart phones have the Cancer Council Sun Smart App loaded onto their phones for monitoring UV levels.
  - UV levels are checked daily on the "Sun Smart" App.
  - Outdoor activities are set up in shaded areas.
- Equipment and toys are moved into shaded areas as the sun changes position during the day.

### **Shade**

- Shaded areas are provided and maintained at the Preschool.
  - Shade is provided by established trees, and awnings.
  - Shade assessments are conducted to monitor existing shade provision and plan for additional shade requirements.
  - Outdoor activities are planned to occur in shaded areas.
  - Play activities are set up in the shade and wherever possible, moved throughout the day to take advantage of shade patterns.

## Hats

### **Children**

- Children are required to wear a hat protecting their face, neck, ears and crown of their head from the sun.  
Suitable hats include:
  - Broad brimmed hat with at least a 6cm brim
  - Bucket style hat with at least 5cm brim and deep crown
  - Legionnaire hat.
- Parents are to provide a hat for their child each day
- Suitable spare hats are kept at the Preschool and are washed after each use.
- Hats should be labelled for easy recognition
- Children who will not wear a hat are required to wear sunscreen and play on the verandah.
- Children who are not permitted to wear sunscreen must wear sun safe clothing including a hat and long sleeves.
- Information about hat requirements is in the “Parent Information Booklet” which is issued to families upon enrolment.
- Reminder notes will be sent to families to make sure they are aware that hats are required to be worn at preschool.

### **Staff**

Staff are required to:

- Wear a brimmed hat with a minimum 7.5cm
- Bucket style hat with at least 6cm brim and deep crown
- Legionnaire hat.

**NB: Baseball caps or visors do not provide enough sun protection and therefore are not recommended for children or staff.**

## Clothing

- When outdoors, *children* and *staff* are expected to wear clothing that protects as much skin as possible, especially the neck, shoulders, back and stomach.  
Suitable clothing includes:
  - Loose fitting shirts and dresses with sleeves and collars or covered neckline.
  - Longer style skirts, shorts and trousers.
  - Clothing made from closely woven fabric with a Ultra Violet protection factor (UPF) of 50+.
  - Information on clothing requirements is in the Parent Information Booklet.
  - Wearing of sunglasses is optional, but any worn must comply with Australian Standard AS1067 (Sunglasses, Category 2, 3 or 4).
  - Children who are not wearing sun safe clothing can be provided with spare sun safe clothing.

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

## Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is supplied by the preschool.
- *Staff and children* apply this sunscreen to their skin twenty minutes before going outside when the UV index is 3 or above.
  - Parents are asked permission to apply pre school sunscreen to their child on enrolment.
  - In cases where permission is not granted, parents are required to provide their own preferred sun screen for their child.
  - Staff who choose not to use the pre school sun screen are required to supply their own preferred sunscreen for personal use.
  - Parents are encouraged to apply sunscreen before the children begin their day at preschool.

### When Applying Sunscreen:

- Staff are expected to:
  - Check the expiry date on the container
  - Apply sunscreen correctly (according to manufacturers instructions) and generously to all exposed skin areas at least 20 minutes before going outside.
  - Apply sunscreen in such a way so as to avoid cross infection.
    - A line of Sun screen is squirted onto each arm, then the child rubs it in with their hands. They then carefully rub their hands over their cheeks & nose to apply sunscreen to their faces. Extra sunscreen is put on their hands to rub on any areas of exposed skin on their legs.
    - Staff apply sunscreen from a makeup pad or tissue to younger children.
  - Sunscreen is re applied every 2 hours, or more regularly if it is washed or wiped off.

## Role Models

- Staff are expected to act as positive role models and demonstrate sun smart behaviour when attending the service by:
  - Wearing a “Sun Smart” hat.
  - Wearing sun smart clothing.
  - Using SPF 30+ water resistant sunscreen.
  - Using and promoting shade.
- Sun smart behaviour expectations are outlined in the Staff Induction book “Kangaroo Valley Preschool – Routines and Procedures”
- Staff are to provide their own sun smart hats.
- Sunscreen is available at the preschool. It can be found on the sign in bench. Personal sunscreens are kept in the cupboard above the craft sink.
- Some adult spare hats are available at the preschool.

- When wearing sunglasses (optional) staff should wear glasses that comply with the Australian Standard 1067 (Sunglasses category 2, 3 or 4)
- Invitations to outdoor events at the service include reminding families of the Sun Safety Policy and its requirements.
- Families and visitors are encouraged to role model positive sun safe behaviours when at the preschool.

## Excursions

- Sun protection is considered when planning excursions.
  - UV protection will be considered in the planning of the excursion eg time of day, shade available, sun smart protection needed – clothing, hats, sun screen.
  - Excursion notes will inform families of sun protection required for the outing.
  - Staff and volunteers will use sun smart protection.

## Education.

- Sun protection is included in the learning programme.
  - The staff discuss sun protection with the children and sun safe practices to be followed.
  - Some formal sun safe learning is programmed eg sun safe themes including stories, games and activities.
  - Further information is available from Cancer Council's NSW website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)

## Information

- Sun protection information is made available to staff, families and visitors.
  - Posters are displayed at external doors "Put On Your Hat"
  - Other posters and brochures are available for rotating displays.
  - Information about the UV index is displayed.

## Policy Availability

- On enrolment parents are issued with Parent information booklet which advises of our Sun Safe Policy.
- Staff are advised of our Sun Safe Policy as part of their induction.
- This sun safe policy is available on our website.



**References:**

SunSmart Child Care Guide for Service Providers 2008 – Cancer Council NSW

Cancer Council NSW 10 Sun Smart Recommendations -

<http://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&&ct=35>

Managing OHS in Children's Services – Sue Tarrant – Lady Gowrie Child Care Centre, Sydney.