**SUN PROTECTION POLICY**

Quality Area 2 Reg 80 Children’s Health and Safety

Aim

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. Sand, concrete, and water can reflect up to 85% of sunlight and intensify exposure to ultraviolet radiation.

St Peter’s Preschool’s educators and management can play a vital role in the long-term prevention of skin cancer and in teaching healthy sun habits to young children and are responsible for preventing and reducing the risks from excess sun exposure while children are in their care.

**Implementation**

Families need to make educators aware of any skin allergies relating to their child and supply appropriate sunscreen with a UV protection of at least 30+.

Parents are to apply sunscreen on or before arrival to preschool. They are to indicate on the sign in sheet that this has happened.

**Outdoor Activities**

The preschool will use a combination of sun protection measures whenever **UV Index levels reach 3 and above.** This will include:

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

**October - March:** Outdoor activity times will be minimised between 11am and 3pm (Eastern Daylight-Saving Time) and will only occur in designated sun safe areas. Sun protection practices are always required when outside.

**April – September:** Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm (Eastern Standard Time), except in June and July when the UV Index is mostly below 3.

**Shade**

All outdoor activities 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.

The preschool will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural, and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

**Hats**

Educators and children will wear sun safe hats that protect their face, neck, and ears. Children will be given a preschool sun safe hat on enrolment.

WE HAVE A “NO HAT NO PLAY” policy. Children without a sun safe hat will be asked to play inside or use a spare preschool hat.

A sun safe hat is:

* 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) without drawstring.

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

Hats can be purchased at the Preschool for $12.00.

**Clothing**

When outdoors, educators and children will wear sun safe 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 and collars or covered neckline.
* Longer style skirts, shorts, and trousers.
* Children without sun safe clothing will be provided with spare clothing.

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

**Sunscreen**

All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors. Children will re-apply sunscreen again at morning tea, music and mid-afternoon. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

**Role Modelling**

Educators 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 Standard 1067 (optional).
* Families and visitors are encouraged to role model positive sun safe behavior.
* Using an App to determine the UV rating for the day.

**Education and Information**

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to educators, 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 educators, families and visitors.

**Sources**

**The Cancer Council NSW. (2006). *SunSmart childcare: A policy guide for service providers*. Sydney: Author**

**Cancer Council NSW. (2008). *The Shade Handbook.* Sydney: NSW Cancer Council.**

**Review**

Management and educators 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.

**The policy will be reviewed annually.**

The review was conducted and approved by the:

Board of Management President on behalf of Committee: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Staff Nominated Supervisor on behalf of Staff: \_\_\_\_\_\_\_\_\_\_

**Last reviewed: 2020 To be reviewed annually**