

Barlu Kurli Preschool Procedure

Sun Protection

Reviewed: Feb 2019



Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	Preschool Handbook reference	School policy or procedure, where applicable
Regulation 168 (2)(a)	<u>Student Health in NSW Public Schools: A summary and consolidation of policy PD/2004/0034/V01</u>		
<p>Resources:</p> <p>Sun safety <u>support materials for guidance</u> in managing hazard and risks associated with sun safety</p> <p>Supporting students - <u>sun safety</u> and <u>hot weather</u></p> <p><u>NSW Cancer Council Australia Sun safety</u> provides information and recommendations about sun safety practices</p> <p><u>Policies in practice: Sun protection– Early childhood resource hub</u></p>			
<p>Rationale:</p> <p>Children generally attend preschool at a time of day when the UV rating is at its highest; The Education and Care Services National Regulations require preschools to have a sun protection policy. Regulation 114 states that outdoor spaces must include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun. The NSW Cancer Council advises that reducing outdoor play during peak UV periods is one of the key ways to protect children and staff from the effects of UV radiation.</p> <p>Local procedure;</p> <ul style="list-style-type: none"> • Our preschool outdoor spaces include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun. 			

- In the months from October to March, sun protection (hats, protective clothing, sunscreen and shade) is needed and consideration will be given to the amount of time children spend outdoors between 11am and 3pm.
- In the months from April to September, sun protection is needed when children are outside between 10am and 2pm. Outdoor activities can be scheduled to take place at any time.
- Sun protection education is included in the preschool's learning programs.
- When parents enrol their children they are informed about the preschool's sun protection procedures. At this time they will be encouraged to discuss any special requirements their child may have with sun protection (including allergies) with our preschool teacher. Families will sign a permission form to wear/not to wear sunscreen at preschool.
- The preschool's sun protection policy and procedures are developed in line with the Department's Sun Safety for Students Guidelines.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

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. We 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, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Legionnaire hat.
- Bucket hat with a deep crown and brim size of at least 5 cm (adults 6cm).
- Broad brimmed hat with a brim size of at least 6 cm (adults 7.5cm).

Please note: 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. Families are to provide a sun safe hat for their child each day.

Clothing

When outdoors, educators, staff 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 who are not wearing 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 recommended.

Sunscreen

Families are encouraged to apply sunscreen to their child before or on arrival at preschool and staff and children will apply SPF50+ broad-spectrum water-resistant sunscreen before going outdoors and is reapplied around 12 noon daily. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Role Modelling

Educators and staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats above).
- Wearing sun safe clothing (see Clothing above).
- Applying SPF50+ broad-spectrum water-resistant sunscreen before going outdoors.
- Using and promoting shade.

Families and visitors are encouraged to role model positive sun safe behaviour.

User guide for annual review and update of this LP - Some points to address are;

- the amount and type of shade available
- variations to your daily routine depending on the UV rate and time of year
- does your preschool or families provide a hat for each child?
- must hats be “sun safe”?
- what happens if a child forgets their hat?
- when and how are hats washed
- does the preschool supply sunscreen?
- who applies sunscreen to the children?

- how do you collect parent or guardian authorisation to apply sunscreen?
- how do you address sun safety in your education program?
- how do educators model sun safety?
- do you take any additional sun safety measures on excursions or sports days?