

2.27 SUN PROTECTION POLICY

INTRODUCTION

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. By implementing a best-practice Sun Protection Policy and practices, early childhood education and care services can help protect staff, educators and children from UV radiation and teach children good sun protection habits from an early age.

PURPOSE

Lindfield Montessori School will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.

STRATEGIES

The school will use a combination of sun protection measures whenever UV index levels reach 3 and above. The school has a widget from SunSmart that we refer to for UV ratings.

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

Shade

Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns. The school will provide and maintain adequate shade for outdoor play.

Hats

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

- 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)

Children without a sun safe hat will be provided with a spare hat if available, or provided with play equipment in the shade.

Clothing

Educators and children are required to wear sun-safe clothing that covers as much skin (especially the shoulders, back and stomach) as possible.

For example, loose fitting shirts and dresses with sleeves, collars and covered necklines; longer style skirts, shorts and trousers. Midriff, crop or singlet tops are not recommended as they do not offer adequate sun protection.

Sunscreen

It is the responsibility of parents to apply sunscreen (at least SPF 30+ broad spectrum water resistant) to their child before school commences. Parents are required to indicate that they have applied sunscreen at the sign in area. The extended day children and those attending after

school care also apply sunscreen 20 minutes before playing outside during the middle of the day (not in June or July). SPF 30+ broad-spectrum water-resistant sunscreen is available to educators, parents, children and visitors at all times. Sunscreen is stored in a cool, dry place at the sign in/out area and the expiry date is monitored.

Role Modelling

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

- wearing a sun safe hat
- wearing sun safe clothing
- applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors (optional)
- wearing sunglasses that meet the Australian Standard 1067 (optional)

Education and Information

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

The sun protection policy, updates and requirements will be made available to staff, educators, families and visitors. Management, staff, and educators will regularly monitor and review the effectiveness of the sun protection policy. The school's sun protection policy must be updated and submitted to Cancer Council NSW every three years to maintain SunSmart status.

Further information is available from the Cancer Council website <http://www.sunsmartnsw.com.au>

MONITORING, EVALUATION AND REVIEW

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with Regulation 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

Relevant Legislation	Children (Education and Care Services National Law Application) Act 2010 Sec 167 Education and Care Services National Regulations 2011 (100, 113, 114, 168(2)(a)(ii))
Sources & Further Reading	This policy has been adapted from the NSW Cancer Council Sun Protection Policy Sample www.cancercouncil.com.au www.sunsmart.nsw.gov.au
Related to NQS QA	2.1, 7.1

POLICY REVIEWED	MODIFICATIONS	NEXT REVIEW DATE
April 2021	Copy updates, checked regulations	2023