



Guliyali Preschool Procedure

Sun Protection

Reviewed: 27/03/2019



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)	The following department policy can be accessed from the preschool section of the department's website ; <ul style="list-style-type: none">• Student Health in NSW Public Schools: A summary and consolidation of policy PD/2004/0034/V01	Page 42	Woy Woy Public School Sunsmart Procedure

Resources:

Sun safety **support materials for guidance** in managing hazard and risks associated with sun safety.

Supporting students – **sun safety** and **hot weather**.

NSW Cancer Council Australia Sun Safety provides information and recommendations about sun safety practices.

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.

➤ **WHAT DO THE EDUCATION AND CARE SERVICES NATIONAL REGULATIONS SAY?**

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:

- In the months from October to March sun protection (hats, protective clothing, sunscreen and shade) is needed and consideration should be given to the amount of time children spend outdoors between 11 am and 3 pm. Outdoor activities cease between at 11:30am and 2:00pm from October to March.
- In the months from April to September sun protection is needed when children are outside between 10 am and 2 pm. Outdoor activities can be scheduled to take place at any time.
- In June and July, it is not necessary for hats and sunscreen to be worn unless the preschool is in the far west of the state.
- Sun protection should be 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 any special requirements their children may have with sun protection (including allergies) should be discussed with staff.

The preschool's sun protection policy and procedures are developed in line with the Department's *Sun Safety for Students Guidelines*. Further guidance can be found in *The Cancer Council NSW SunSmart childcare: A guide for service providers*, Sydney, 2008. Recommended procedures can be found at Appendix 2.6. 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 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 5cm (adults 6cm)
- Broad brimmed hat with a brim size of at least 6cm (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.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended. Children who are not wearing sun safe clothing will be provided with spare clothing.

➤ **SUNSCREEN:**

Families will apply sunscreen to their child on arrival at preschool. They will need to state 'YES' on the register when they have done this. Staff and children will apply SPF50+ broad-spectrum water-resistant sunscreen before going outdoors for afternoon play. 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.

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