



## Procedure related to sun protection

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated Department policy, procedure or guideline
2.2	114	Student health in NSW schools: A summary and consolidation of policy

### Rationale

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

### Purpose

This SunSmart policy provides guidelines to:

- ensure all children, educators and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for children, educators and staff;
- ensure children are encouraged and supported to develop independent sun protection skills;
- support our service's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for children, staff and visitors.

## Scheduling Outdoor Activities

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. The SunSmart App is used to guide educators when planning daily outdoor activities. There is also a link to <https://www.sunsmart.com.au/> in our school's website.

Outdoor activities will be planned to occur in shaded areas where possible and moved to shady areas of the playground as the shade patterns change throughout the day. Shade options are provided, maintained and promoted to the children. Children are encouraged to choose and use available areas of shade when outside.



Activities will be provided under natural, built and portable shaded areas, such as verandas, portable shelters and under shady trees and shade cloth coverings.

When children are on excursions all sun protection practices are planned, communicated and organised.

## Hats

All staff and children are required to wear SunSmart hats that protect their face, neck and ears all year round.

Children are provided with a Punchbowl Public School Preschool SunSmart bucket style hat at the beginning of the preschool year. Peak caps and visors are not considered a suitable alternative.

The children's hats remain at preschool in the child's pocket for the year and are washed regularly by preschool educators. Spare hats are available in the preschool if needed.

## Clothing

Staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.

Children without SunSmart clothing are encouraged to play in an area protected from the sun such as under shade, the verandah or are provided with spare clothing.

SunSmart clothing includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.
- Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

## Sunscreen

When running our summer program or we are outdoors first thing in the morning families are asked to apply sunscreen to their children on arrival using our sunscreen station. We encourage families to teach children how to apply their own sunscreen. We remind children and provide support if needed to reapply sunscreen after 2 hours.

If the children are not outdoors first thing in the morning educators will assist the children to apply SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.

Permission to apply sunscreen is included in the preschool consent form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen.

Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored each term. If the sunscreen expiry is to happen within the next term a new sunscreen is ordered.



# Role Modelling

Staff act as role models and demonstrate SunSmart behaviours by:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional)
- Applying SPF30+ broad-spectrum water-resistant sunscreen
- Promoting the use of shade
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the preschool.

Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire the children to be SunSmart when they step outside.

All visitors and parents will be encouraged to demonstrate appropriate sun safe behaviours when working at or visiting the centre.

## Education

Sun protection is incorporated into the learning program.

The SunSmart policy is reinforced by educators and through children's activities and displays. Educators, staff and families are provided with information about sun protection through family newsletters, service handbook, noticeboards and our school website.

## Information and Policy Availability

Sun protection procedures, requirements and updates are made available to families and visitors. All our preschool procedures area available on our school website <https://punchbowl-p.schools.nsw.gov.au/preschool/preschool-procedures.html>

Sun protection information and resources are accessible and communicated regularly to families.

When enrolling their child, families are:

- informed of the service's SunSmart policy;
- asked to provide a suitable sun protective hat, covering, the service provides sunscreen
- required to give permission for educators to apply sunscreen to their child; and
- encouraged to use SunSmart measures themselves when at the service.

## Review

Educators regularly monitor and review annually how effectively they implement their sun protection procedure.

Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.

### Key Resources:

[Supporting students: sun safety](#) (Wellbeing and learning)

[Supporting students during hot weather](#) (Wellbeing and learning)

[Cancer Council- SunSmart Program](#)

<https://www.sunsmart.com.au/communities/early-childhood-schools/sample-policies>

