



Kilkenny Preschool

Sun Safety

Aim

The aim of this policy and procedure is to ensure the safety of children and adults when at risk of exposure to too much UV radiation from the sun. Prolonged exposure can cause sunburn, skin and eye damage and skin cancer.

Implementation

Staff are to access the daily UV forecast and sun protection times on the SunSmart app, to assist with implementing this policy. The policy applies to all children and adults, including staff and visitors, during centre events on and off-site.

We use a combination of sun protection measures for all outdoor activities from 1 August until 30 April, and whenever the UV radiation levels are expected to reach 3 and above at other times. Extra care is taken during the forecasted peak UV radiation times and outdoor activities are scheduled outside of these times where possible. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

1. Clothing

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. Singlet tops or singlet style dresses are not appropriate clothing for sun protection. Children will be asked to put a t-shirt/shirt over the top of singlets before going outdoors. If no appropriate clothing is available, children will be directed to play in designated protected shaded areas or inside.

2. Sunscreen

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use. When sun protection measures are recommended, sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors. Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician. Children are encouraged to apply their own sunscreen under the supervision of staff and time is given during routine transitions throughout the day. Families are asked to support their child in applying sunscreen prior to or on arrival at preschool.

3. Hats

All children and adults are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed (at least 6cm brim for children and 7.5cm brim for adults) or bucket hats (with a deep crown and at least 5cm brim for children and 6cm for adults). Baseball or peak caps are not considered a suitable alternative. Children who do not have a suitable hat will be required to play in the shade or indoors.

4. Sunglasses

Children and staff are encouraged and have the option to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

5. Shade

Our site has a combination of trees and structured shade throughout the yard for use in setting up experiences.

- The availability of shade is considered when planning excursions and all other outdoor activities.
- The movement of the shade throughout the day is considered when setting up experiences and these experiences are moved as required to remain in the shade.
- Educators limit play in non-shaded areas in high peak UV times and close these spaces for play in very high and extreme UV forecasts
- Children are encouraged to use available areas of shade when outside.

6. Enrolment and information for families

When enrolling their child, families are:

- informed of the centre's Sun Protection policy
- asked to provide a suitable hat for their child to remain at preschool
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child if there are skin sensitivities to the centre provided cream
- required to give permission for staff to apply sunscreen to their child on enrolment consent form
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the centre

7. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible

8. Curriculum and planning

- Sun protection is incorporated into the learning and development program as part of the routine.
- The Sun Protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the centre's website.
- Consideration of outdoor activities will be made to ensure they are set up in shaded areas or outdoor activities will be planned outside the UV peak times (e.g. early in the day)
- Consideration will be given to excursion timing and where possible planned outside peak UV times, risk assessments will be completed to ensure this policy is still followed
- Routines such as meal times will be set up in shaded areas, if no adequate shade space, meal times will be offered indoors.

9. Policy review

Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

The information in this policy has been developed on the advice and guidance of information provided by Cancer Council SA and addresses the following regulation and legislation:

Legislation

This policy relates to the following National Law and Regulations:

- **Education and Care Services National Law Act 2010**
 - Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
 - Regulation 100 – Risk assessment must be conducted before excursion
 - Regulation 113 – Outdoor space–natural environment
 - Regulation 114 – Outdoor space–shade
 - Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
 - Regulation 170 – Policies and procedures to be followed
 - Regulation 171 – Policies and procedures to be kept available
 - Regulation 172 – Notification of change to policies or procedures.
- **Work Health and Safety Act 2012**

National Quality Standards

All of the following SunSmart procedures link to:

- Quality area 2: Children's health and safety.

There are also links to:

- Quality area 1: Educational program and practice
- Quality area 3: Physical environment
- Quality area 5: Relationships with children
- Quality area 6: Collaborative partnerships with families and communities
- Quality area 7: Governance and leadership.

Reviewed: June 2023

Next review date: July 2024