

2.9 Sun Protection

Applies to: All Koorana staff working in Preschools and families attending Koorana Preschools.

Purpose

1. To ensure that all children attending Koorana Preschools are adequately protected from the harmful effects of the sun.
2. To promote a positive attitude towards skin protection amongst children, parents and staff.

Version: 1

Date approved: 20/4/2016

Next review date: 20/4/2018

Approved by: CEO

Policy context: This policy relates to

Standards or other external requirements	National Quality Standards – Quality Area 2 – Standard 2.3, Element 2.3.2 http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/NQF-Resource-03-Guide-to-NQS.pdf
Legislation or other requirements	Children (Education and Care Services National Law Application) Act 2010 http://www.legislation.nsw.gov.au/#/view/act/2010/104 Education and Care Services National Regulations [(2)(a)(iii) under Regulation 168] http://www.acecqa.gov.au/national-regulations
Contractual obligations	N/A
Resources	SunSmart schools and early childhood programs, Cancer Council Australia h(http://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-schools/) Cancer Council NSW https://www.cancercouncil.com.au

Documents related to this policy

Related policies	2.4 Child Safe Environments 2.14 Excursions
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Forms, record keeping or other organisational documents

Preschool Daily Information Chart

Definitions

"Koorana" means Koorana Child and Family Services Incorporated.

"Parents" includes a legal guardian.

"Staff" is a Koorana staff member working in the Preschool, e.g. Educator, Administrator or Key Worker. In some instances this may also include other Koorana staff such as Case Managers, Early Linker, Therapists, Head Office Administrators, Home and Community Based Key Workers and Koorana Management when visiting or working in the Preschool.

'Ultraviolet (UV) Radiation' means the sun's UV radiation. It is both a major cause of skin cancer and the best source of vitamin D. The intensity of the sun's UV radiation is measured by the UV Index, which divides UV radiation levels into:

The UV Index:



POLICY STATEMENT

Unprotected exposure to the sun in childhood significantly increases the risk of developing skin cancer in later life. Australia has the highest rate of skin cancer in the world. The major cause of skin cancer is ultraviolet radiation from the sun.

PRACTICES

A combination of sun protection strategies will help reduce exposure to ultraviolet radiation. No one strategy is effective in isolation.



Outdoor Play

Generally the UV Index is highest in the middle part of the day, between 10am-2pm or 11am-3pm (daylight saving time).

It is recommended to schedule outdoor activities as follows:

From October to March

- Minimise outdoor activities between 11am and 3pm (daylight saving time).
- Sun protection is required throughout the day.

From April to September

- Outdoor play can take place at any time during the day.
- Sun protection is required between 10am and 2pm (Eastern Standard Time), except in June and July when the UV Index is mostly below 3 (in NSW).

Preschools will plan their daily routines according to these recommendations. If outdoor play is planned or occurs spontaneously between 11am and 3pm between October and March, it will occur in the shade only and only if temperatures are not deemed too hot by the Preschool Leader or "Responsible Person".

In instances where the temperature is over 30° Celsius, staff need to consider the appropriateness of continuing with outdoor play regardless of the time of day and must ensure children are provided with frequent opportunities to rest and drink water.

These recommendations will also be taken into consideration when planning excursions and all events held at the Preschools. Where excursions are conducted during peak UV radiation times, the amount of exposure to the sun is considered and limited where possible. The amount of available shade at the excursion location will also be taken into account.

Sun Smart Dressing

Staff and children are required to wear appropriate clothing, hats, and sunscreen.

Staff are allowed to wear UV rated sunglasses at Preschool; however, staff are not to wear "mirrored" sunglasses as this makes communication difficult with children, parents and other staff. Staff are encouraged to follow the same requirements for sun smart dress as those detailed below for children.

Children are encouraged to wear shirts and tops with collars and sleeves made of woven natural fibre.

Wearing a hat is one of the best ways to reduce direct exposure to the face, neck and ears. Preschools employ a "no hat = play in the shade" strategy **at all times** whilst outdoors during *October to*



March and between 10am and 2pm from *April to September*. Furthermore, children are required to wear hats on excursions as per the before mentioned requirements.

Children who do not bring a hat to care will be encouraged and guided to play indoors or under structured shade, e.g. an awning. Where at times children will forget to remain in the shaded areas, staff will remind them to play out of the sun as much as practically possible give the age and abilities of the children.

An “appropriate hat” should have a broad brim (6 cm for children and 8-10cm for adults) bucket/surfie style hat with a deep crown that sits low on the head.

It is appropriate for female staff members and children who wear a head scarf to wear a visor for sun protection.

Parents are to provide an “appropriate hat” for their child. However, in the event that a child does not own an “appropriate hat” they will be permitted to wear a hat/cap that has been bought from home until parents can provide an appropriate hat.

Preschools will have some spare hats that can be given to children should a child have forgotten their hat. Preschool hats will be washed after each use.

Sunscreen

Sunscreen can filter out up to 96% of damaging ultraviolet radiation from reaching skin by creating a barrier; however, no sunscreen offers 100% protection from the sun. To be effective, sunscreen must be applied generously, rubbed in lightly and used with other forms of sun protection.

Preschools will use broad-spectrum SPF30+ sunscreen. To allow the sunscreen to bind to the skin for maximum effectiveness, it should be applied before going in the sun. Thus parents are encouraged to apply sunscreen to their children before coming to Preschool. It should be reapplied either every two hours, or again prior to the child next going outdoors.

Where a child has an allergy to the sunscreen supplied by the Preschool parents are to provide an alternative sunscreen that will be used on their child.

All sunscreen must be labelled with an expiry date and storage instructions.

Allergic reactions to sunscreen are usually caused by perfumes and/or preservatives in the product and not the chemicals that work to filter UV radiation. If a child experiences an allergic reaction to a sunscreen it is recommended that another brand is tried and/or the parent speaks to a doctor or pharmacist about choosing another product with different ingredients.

Education

Learning about skin and sun protection is incorporated into planned experiences. Staff and families will have access to educational material on sun protection, including how they can implement safe sun protection practices and ways to incorporate these into the daily program.