



Periwinkle

PRESCHOOL

for Rudolf Steiner
early childhood education

Sun Protection

By implementing a best-practice Sun Protection Policy, Periwinkle Preschool can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk. Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day (Cancer Council NSW).

Goals

This policy provides guidelines to support the 10 recommendations from the Cancer Council and to:

- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skill.
- Support duty of care and regulatory requirements.
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.
- Educators to complete online SunSmart UV Safety training.

Strategies

Outdoor Activity

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used whenever UV Index levels reach 3 and above. These measures include:



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- Children are required, supported and enabled to wear a hat whenever outside.
- Spare hats are available for children who do not bring a hat
- Alternatively, children play in an area protected from the sun (e.g. under shade, veranda or indoors)
- Families are encouraged to dress their child in clothing that offers adequate protection from the sun.
- Where a child is unsuitably dressed, a staff member will discuss the Centre's policy with the family and encourage them to choose more suitable clothing in future.
- Families are supported to exercise choice regarding the application of sunscreen.

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

Shade

Choices in respect to daily routine and use of the outdoor environment are made to ensure maximum sun safety:

- Play areas are well shaded.
- Children are encouraged to play in shaded areas during times when UV rays are the highest
- During the summer months, outdoor play is scheduled at the beginning of the day and avoided during the middle of the day

Hats

Educators, staff and children are required to wear SunSmart hats that protect their face, neck and ears. A SunSmart 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: Baseball caps or visors do not provide enough sun protection and not considered a suitable alternative. Children without a SunSmart hat will be asked to



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play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

Clothing

When outdoors, educators, staff and children will wear SunSmart 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.

Children who are not wearing SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

- Families are encouraged to apply sunscreen to their child before drop-off and can notify staff if they would like sunscreen re-applied during the day (enrolment form, communication book or verbally).
- A range of sunscreen products are available at Periwinkle for parents to apply to children upon arrival.
- All sunscreen is stored in a cool, dry place and the expiry dates monitored.

Education

- Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing
- Visitor, student and new employee inductions embed the transfer of information relating to the service's Sun Protection Policy.

Information and policy availability

- Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors.



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- Sun protection information is communicated regularly to families.
- All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the service

Review

Management and staff regularly monitor and review how effectively they implement their sun protection policy.

Roles and Responsibilities:

Approved Provider

- ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.

Nominated Supervisor:

- ensure sun protection information will be promoted to all staff, families and visitors.
- provide support and advice to all staff with regard to implementation of the Sun Protection Policy
- directs staff to apply sunscreen in accordance with consent given by a child's parent/guardian

Staff members:

- adhere to the strategies and practices of the *Sun Protection Policy*.
- model sun safe behaviour by wearing a suitable hat and sun safe clothing
- encourage family members and other visitors to model sun safe behaviour when at the service
- monitor children's use of outdoor play spaces to ensure that they play in shaded areas during times when UV rays are most intense
- where a child is not dressed in a suitable hat or sun safe clothing, provide a suitable alternative from spare clothes retained at the Centre or make other arrangements to ensure sun safety



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- apply sunscreen to any child for whom a consent has been provided
- incorporate information about sun protection into learning programs.
- check the UV Alert on a daily basis at www.sunsmart.com.au or using the SunSmart App.
- discuss sun protection with children and demonstrate a positive and proactive approach to the management of sun protection in the service.

Families:

- provide their child with a suitable sun protective hat for daily wear at the Centre and ensure that it accompanies them to school on every day of the program
- dress their child in sun safe clothing e.g. tops that cover the shoulders, arms and chest.
- apply sunscreen to their child prior to or upon arrival at the Centre
- notify staff if they wish the staff to re-apply sunscreen throughout the day.

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 R. 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.

Related Legislation

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations 2011; Regulations 100, 113, 114, 168 (2)(a)(ii)
- Model WHS laws, 2011



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Related guidelines standards frameworks

- National Quality Standard, Quality Area1: Educational Program and Practice– Standards 1.1, 1.2
- National Quality Standard, Quality Area2: Children’s Health and Safety– Standards 2.1, 2.2
- National Quality Standard, Quality Area3: Children’s Health and Safety– Standards 3.1, 3.2
- National Quality Standard, Quality Area4: Staffing Arrangements– Standards 4.1, 4.2
- National Quality Standard, Quality Area5: Relationships with Children– Standards 5.1,5.2
- National Quality Standard, Quality Area 6: Collaborative Partnerships with Families and Communities – Standards 6.1, 6.2
- National Quality Standard, Quality Area 7:Governance and Leadership– Standards 7.1, 7.2
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) 2013