



Periwinkle

PRESCHOOL

for Rudolf Steiner
early childhood education

Quality area 2: Children's health and safety

Sun protection

*The plant's bright blessing springs forth
From earth's gentle being,
And human children rise up
With grateful heart to join
The spirits of the world.*

Elements are life-giving...Everything in nature is brimming with exuberant life force. Regarding sunlight, it usually helps to know when we need to be vigilant and why, and when we can allow ourselves to venture safely into the great outdoors without a sunscreen. It is absolutely imperative not to be fully exposed in the noonday sun. Be sure to wear protective clothing during the midday hours. On the other hand, "a little natural light, on arms and legs for twenty minutes a day with no sun block, may be beneficial. Be sure it's early morning or late afternoon sunlight ([Irena Segal](#)).

This policy provides guidelines to:

- Ensure all children, educators and staff have some UV exposure for vitamin D.
- 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 skills.
- Support duty of care and regulatory requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Our goal for sun protection is to:

- follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.

Strategies



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Outdoor Activity

Periwinkle Preschool will use a combination of sun protection measures whenever UV Index levels reach 3 and above. This will include:

Children and staff wear sun safe clothing whenever outside

- 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 without a suitable hat play in an area protected from the sun (e.g. under shade, veranda or indoors)
- Parents 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 parent and encourage them to choose more suitable clothing in future.

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
- Sun protection measures (eg: hat, shade, clothing, hydration) are included in risk management planning for excursions and special activities.

Parents are supported to exercise choice regarding the application of sunscreen.

- A range of sunscreen products are available at Periwinkle for parents to apply to children upon arrival
- Where a parent wishes sunscreen to be reapplied during the program, they complete a medical form that is retained at Periwinkle and staff comply.

Responsibilities:

The director:



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- directs staff to apply sunscreen in accordance with any medical directive signed by a child's parent/guardian
- makes information about sun protection available to staff, families and visitors.

Staff members:

- model sun safe behaviour by wearing a suitable hat and sun safe clothing
- encourage family members and other visitors to model sun safe behaviour
- 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, provides a suitable alternative from spare clothes retained at the Centre or makes other arrangements to ensure sun safety
- applies sunscreen to any child for whom a medical directive has been provided
- incorporate information about sun protection into learning programs.

Parents:

- provide their child with a suitable 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
- apply sunscreen to their child prior to or upon arrival at the Centre
- complete a medical form if they wish the staff to re-apply sunscreen throughout the day.

Suitable hats:

- Legionnaire hats
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm)
- Broad brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- *Please note: Baseball caps or visors do not provide enough sun protection and are not recommended.*

Sun safe clothing:

- covers as much of the skin (especially the shoulders, back and stomach) as possible



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- 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.*

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)
- Occupational Health and Safety Act

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–



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- 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: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)