



Sun Protection Policy (CHS 3)

Policy Rationale

The SunSmart practices implemented by Cooks Hill can play a vital role in the long-term prevention of skin cancer through teaching healthy sun habits to young children. Staff are responsible for preventing and reducing the risks from excess sun exposure whilst children are attending Preschool.

Strategies, Practices and Procedures

Cooks Hill Preschool has adopted the Cancer Council's NSW Sun Protection Policy. Their recommendations are outlined below;

➤ **Scheduling outdoor activities**

Outdoor activity times and sun protection practices to include;

October – March: minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.

April – September: outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when UV Index is mostly below 3.

All sun protection measures will be considered when planning excursions and incursions.

➤ **Shade**

Planned outdoor activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.

The centre will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessment should be conducted to monitor existing shade structures and assist in planning for additional shade.



➤ **Hats**

Staff and children are required to wear sun-safe hats that protect their face, neck and ears. Recommended sun-safe hats include legionnaire, 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 therefore are not recommended.

Children without a sun-safe hat will be asked to 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, staff and children will wear sun-safe 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 necklines.
- Longer style skirts, shorts and trousers.

Children who are not wearing sun-safe clothing can be provided with spare clothing.

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

Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.

➤ **Sunscreen**

Families are required to place sunscreen on their children at the start of the preschool day. Sunscreen is available at the sign in area for families to use. All staff and children will then re-apply SPF30+ broad spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the expiry date monitored.

➤ **Role Modelling**

Staff will act as role models and demonstrate sun-safe behaviour by:

- Wearing a sun-safe hat, clothing, promoting shade and wearing sunglasses (optional) that comply with Australian Standards AS1067 (Sunglasses: Category 2,3 or 4).



Families and visitors are encouraged to role model positive sun-safe behaviour when attending the centre.

➤ **Education and Information**

Sun protection will be incorporated regularly into learning programs and promoted to staff, families and visitors. Further information is available from Cancer Council NSW's website www.cancerCouncil.com.au/sunsmart.

➤ **Policy Availability**

The sun protection policy, updates and requirements will be made available to staff, families and visitors.

➤ **Review**

Management and staff will regularly monitor and review the effectiveness of the sun protection policy. The centre's sun protection policy must be updated and submitted to Cancer Council NSW every two years to maintain SunSmart status.

Links to Legislation & National Quality Standards

- Education and Care Services National Regulations 2011: 114, 168
- Guide to the National Quality Standard ACECQA (2011): 1, 2, 5 & 6

References

- SunSmart Program Cancer Council NSW.

Policy Updated: ___ June 2019 ___ **Policy Review:** ___ June 2020 ___