



Para Vista Preschool SunSmart Policy

Purpose

This policy has been developed to ensure all students, staff, parents and visitors attending Para Vista Preschool and School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

This policy provides guidelines to:

- ensure all children, staff and visitors are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for children and staff;
- ensure children are encouraged and supported to develop sun protection skills to help them be responsible for their sun protection;
- support duty of care requirements; and
- support appropriate WH&S strategies to minimise UV risk and associated harms for staff and visitors.

Background

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Given children and staff are at school during peak UV times, preschools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

Legislation and Standards

<https://www.cancersa.org.au/prevention/sunsmart/>

Procedures

- To assist with the implementation of this policy, staff are encouraged to access and display the daily local UV rating.

Sun protection times

UV levels vary across Australia and throughout the year. Para Vista Preschool uses a combination of sun protection measures for all outdoor activities during terms 1,3 and 4, and whenever the UV levels reach 3 and above at other times. Care is taken during the peak UV radiation times and outdoors activities are scheduled outside of these times, where possible or in the shade.

The sun protection measures listed below are used for all outdoor activities:

1. Seek shade

- The school governing council makes sure there is sufficient shelter and trees providing shade in outdoor areas
- The availability of shade is considered when planning all other outdoor activities
- Children are encouraged to use available areas of shade when outside
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun
- In consultation with the school governing council, shade provision is considered in plans for future buildings and grounds
- A shade assessment is conducted regularly to determine the current availability and quality of shade

2. Slip on sun protective clothing

- Clothing made of a closely woven material including tops with collars or higher necklines and elbow-length sleeves and longer style skirts, dresses and shorts are recommended

- No singlet tops are permitted

3. Slap on a hat

- All children and staff are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside
- Baseball caps are NOT acceptable
- The preschool has a limited number of spare hats available for child use

4. Slop on sunscreen

- The preschool provides SPF 50+ broad spectrum, water-resistant sunscreen for children and staff use
- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum, water-resistant sunscreen for their child's use
- Families are encouraged to apply sunscreen to their child before or upon arriving at preschool
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming)
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored

5. Slide on sunglasses [if practical]

- Where practical children are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (sunglasses: lens category 2, 3 and 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended

Learning and skills

- Programs on sun protection are included in program planning
- Children understand why sun safety is important and learn how to take effective sun protection actions
- Staff are encouraged to complete Cancer Council's free [Generation SunSmart](#) online learning modules

Engaging the school community

- SunSmart behaviour is regularly reinforced and promoted through newsletters, school website/intranet, staff and parent meetings, on enrolment and new staff orientation
- Students are encouraged to be involved identifying and participating in sun protection measures e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen

WH&S

- As part of WH&S UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible
- UV radiation exposure is considered as part of the preschool's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in excursions, sports days

Monitoring and review

- The governing council and staff monitor and review the effectiveness of the Para Vista Preschool SunSmart policy and revise the policy at least once every three years by completing a policy review and membership renewal with Cancer Council SunSmart.
- The preschool staff agree to notify relevant stakeholders (eg families, staff, Cancer Council SA) should any significant policy updates be madeSunSmart policy updates and requirements will be made available to staff, families and visitors.

Links to National Quality Standards

- 1.1.3 all aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning
- 1.2.3 Each child's agency is promoted, enabling them to make choices and decisions that influence events in their world
- 2.1.2 Effective illness and injury management and hygiene practices are promoted and implemented
- 2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
- 5.1.2 The dignity and rights of every child are maintained
- 6.1.3 Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing

Approvals Status

Approved Version:

Approved by:

Approved by:

Approval date:

Revision record

Version

Approved by:

Approved date:

Amendment(s):

Version: 1.0

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Approved date: 1/10/2025