



Para Vista Preschool SunSmart Procedure

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.

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.

For an implementation guide peak UV times of the day are: 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings

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

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
- Time for applying sunscreen is provided before going outdoors
- When age and stage appropriate, children apply their own sunscreen under adult supervision

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 the Department for Education SunSmart modules (on Plink)

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
- Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities with the centre

Enrolment and Information for Families

During the enrolment process, families are:

- informed about the Sun Protection Procedure during the transition to preschool
- Asked to provide a sun safe hat for their child
- Asked to provide their child with suitable clothing that is cool and covers as much skin as possible
- Required to give permission for staff to apply sunscreen to their child

Communication

- Sun protection information and the sun protection policy is promoted to the preschool community including staff, volunteers and families through newsletters, the centre website, Seesaw, staff meeting s and enrolment packs

Monitoring and review

- Para Vista Preschool will review the policy regularly (at least every 3 years) and revise the policy when required
- The preschool agrees to notify relevant stakeholders (eg governing council, families, staff, Cancer Council SA) should any significant policy updates be made

Legislation and Standards

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

Legislation

This policy relates to the following National Law and Regulations:

Education and Care Services National Law Act 2010

- Section 167 – Protection from harm and hazards

Education and Care Services National Regulations 2011

- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment
- Regulation 114 – Outdoor space–shade
- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedure to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.

Work Health and Safety Act 2012

National Quality Standards

All of the following sun protection procedures link to:

- **Quality area 2: Children’s health and safety**

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

Approvals Status

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Approved by: Anita Becker

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Revision record

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Amendment(s): Title of policy. Adjustments to the original school policy to reflect Cancer Council SA early childhood recommendation making it preschool specific. Additional points and inclusion of section relating to Communication, and Enrolment. Change of wording from ‘students’ to ‘children’. Inclusion of relevant NQS elements.

Version: 1.0

Approved by: Anita Becker | Principal, Para Vista Preschool – Yr 6

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