

# St Joseph's Preschool

## Sun Protection Policy



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PORT LINCOLN  
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### Policy Statement

Our service seeks to provide a physical environment that is safe and provides shade and other sun protection to support our students' learning and opportunities to play. The environment will be well-maintained and welcoming to all individuals who use it. Our staff implement policies and procedures to protect children from UV radiation from the sun, as well as burns or injuries from exposure to surfaces heated by the sun.

### Background

The Education and Care National Regulations require policies and procedures to be in place in relation to sun protection. Outdoor play experiences are an important part of our children's learning. We will incorporate sun protection awareness into our learning program. The safety, health and wellbeing of children is our number one priority.

### Related Policies

- Excursion Policy
- Incident, Injury, Trauma and Illness Policy
- Relationships with Children Policy
- Sandpit Policy
- Staffing Arrangements Policy

### NQS

QA2	2.2.1	Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
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QA3	3.1.1	Fit for purpose - Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
	3.1.2	Upkeep - Premises, furniture and equipment are safe, clean and well maintained.
	3.2.1	Inclusive environment - Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.
	3.2.2	Resources support play-based learning - Resources, materials and equipment allow for multiple uses, are sufficient in number, and enable every child to engage in play-based learning.



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QA6	6.1.1	Engagement with the service - Families are supported from enrolment to be involved in the service and contribute to service decisions.
	6.1.3	Families are supported - Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.

QA7	7.1.2	Management systems – Systems are in place to manage risk and enable the effective management and operation of a quality service.
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## National Law

Section	167	Offence relating to protection of children from harm and hazards
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## National Regulations

Reg	100	Risk assessment must be conducted
	113	Outdoor space—natural environment
	114	Outdoor space—shade
	168	Education and care services must have policies and procedures
	170	Policies and procedures to be followed
	171	Policies and procedures to be kept available
	172	Notification of change to policies or procedures

## EYLF

LO2	Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation
	Children become socially responsible and show respect for the environment

LO4	Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
	Children develop a range of skills and processes such as problem solving, enquiry, experimentation, hypothesising, researching and investigating
	Children transfer and adapt what they have learned from one context to another
	Children resource their own learning through connecting with people, place, technologies and natural



and processed materials

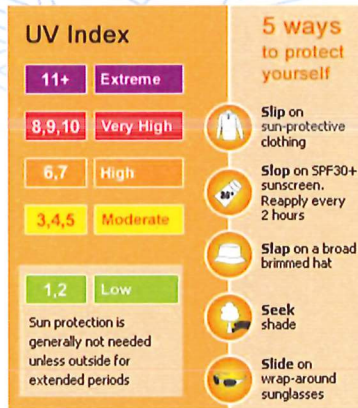
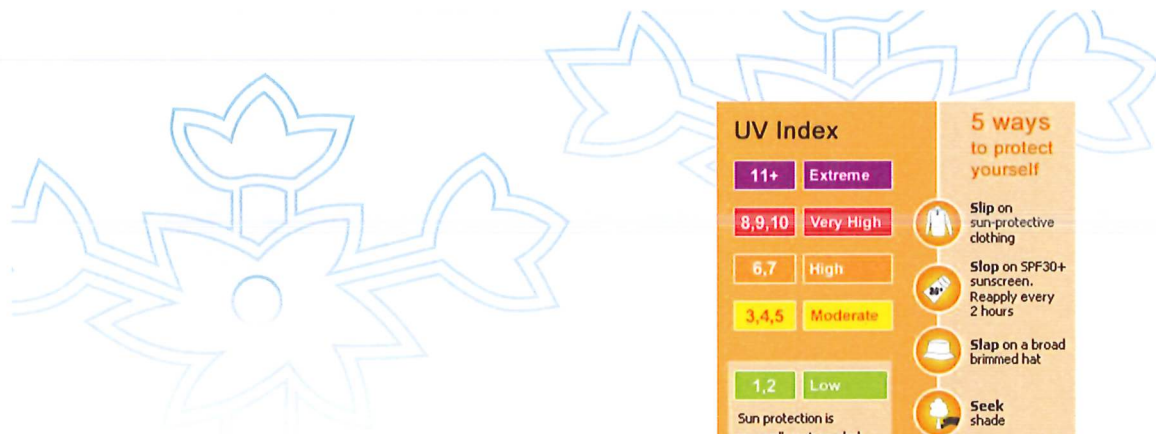
## Sun Protection

The Approved Provider, Nominated Supervisor, educators and staff understand that correct sun protection practices reduce a child's risk of developing skin cancer and eye damage later in life and ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance. They will implement all sun protection measures numbered 1-10 to fully comply with Cancer Council's National SunSmart Early Childhood Program.

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.

Note overheated surfaces (such as metal, concrete, stone, sand, rubber, plastic, soft fall mats and synthetic grass) can cause serious burns to young children when daily temperatures are high. The Nominated Supervisor will ensure educators regularly conduct temperature checks of outdoor facilities and equipment when temperatures are high to assess the risk of burns to children and are adequately trained in this process. The Nominated Supervisor may require educators keep records of the dates, times and temperatures tested. Note if educators cannot comfortably leave their hand on a surface for five seconds, children may suffer burns before they can react to the temperature. Educators will plan indoor activities if there is a significant risk to children of burns from overheated surfaces - surface temperatures are very high and/or children wearing shoes still risk burns if they sit, kneel or lie down on surfaces.

- Outdoor play is an important part of children's healthy learning, development and wellbeing. To ensure children's health and safety during outdoor play, the Approved Provider, Nominated Supervisor, educators and staff will:
- **use a combination of sun protection measures listed below from 1 August until 30 April and whenever UV levels reach 3 and above.** Healthy sun exposure is encouraged when UV levels are below 3, usually from May until the end of July
- access local sun protection times (when UV levels will reach 3 or above) and UV levels via the SunSmart widget which has been downloaded on the service website, the free SunSmart app, myUV.com.au or from the Bureau of Meteorology website [www.bom.gov.au/uv](http://www.bom.gov.au/uv).



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## Sun Protection Measures

### 1. Scheduling Outdoor Activities

Educators and staff will use UV levels and sun protection times when planning outdoor activities including excursions.

### 2. Shade

The service will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. The Nominated Supervisor will conduct regular shade assessments to monitor existing shade structures and assist in planning for additional shade. Portable shade structures will be moved throughout the day where appropriate to take advantage of shade patterns.

Outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns. Children will be directed to use available areas of shade when outside.

### 3. Hats

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe 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).

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.

**Please note: Baseball caps or visors are not sun safe because they do not provide enough sun protection.**

### 4. Clothing

When outdoors, educators, 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 neckline.
- knee-length or longer style skirts, shorts and trousers
- clothing that is made from cool, densely woven fabric.



Children who are not wearing sun safe clothing will be provided with spare sun safe clothing or will be asked to play in an area protected from the sun.

**Please note: Midriff, crop or singlet tops are not sun safe because they do not provide enough sun protection.**

Note children who are playing outside on days where surface temperatures are high must wear shoes to minimise the risk of burns.

#### **5. Sunscreen**

All educators, staff and children will apply SPF30 or higher broad-spectrum water-resistant sunscreen 20 minutes before attending the service and reapply before children sit down to eat lunch. Educators will assist children to apply the sunscreen correctly if required. Sunscreen will be stored in a cool, dry place and the use-by-date monitored. Authorisation to apply sunscreen will be obtained from parents. Children may not be able to play outside if we are not authorised to apply sunscreen.

#### **6. Role Modelling**

Educators and staff will act as role models and demonstrate sun safe behaviour by:

- wearing a sun protective hat, clothing and sunglasses outside
- applying SPF30+ or higher broad-spectrum water-resistant sunscreen
- using and promoting shade

#### **7. Education and Information**

Educators will regularly include learning about sun safety in the curriculum and review the resources available at Generation SunSmart [www.generationsunsmart.com.au](http://www.generationsunsmart.com.au) and SunSmart [www.sunsmart.com.au](http://www.sunsmart.com.au) Educators will provide children with opportunities to take leadership roles in managing sun protection. For example, children will be assigned duties regarding UV/sun protection time checks, hat reminders and management of sunscreen.

Positive messages about sun safety and sun protection measures will be included in communications with families through newsletters and our website. Families will be encouraged to role model positive sun safe behaviour and use SunSmart measures when at the Service.

#### **8. Policy Availability**

The Sun Protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to educators and staff, families and visitors.

#### **9. Review**

The Policy will be monitored and reviewed annually.



## Extreme Heat

Extreme heat is usually defined as a period of abnormally and uncomfortably hot weather that could adversely affect people's health. Young children are especially vulnerable to extreme heat. To protect the health of our children and educators/staff during periods of extreme heat educators will:

- Regularly offer children water to drink
  - Regularly ask children if they would like to cool their faces with wet washers or by splashing water on their faces in the bathroom sink
  - Ensure children are dressed in cool clothing eg, short sleeves
  - Keep children indoors in a cool, comfortable environment with air conditioning or fans
  - Organise water play activities inside
  - Cancel or postpone excursions and outdoor activities
  - Check the storage instructions for medications and take appropriate action - move medication to fridge or request new medication supply if extreme temperature likely to damage medication
  - Listen for bushfire messages
  - Ensure children, including siblings of children at the service, are never left in parked cars
  - Make available SA Health brochure 'How to Cope and Stay Safe in Extreme Heat' to families
- [Extreme heat | SA Health](#)

When the period of extreme heat has subsided educators will:

- Open the windows if there is a cool breeze
- Allow children outside following our sun safety procedures

If there is a complete loss of power during a heatwave, educators will implement service procedures for emergency power (see Emergency Management and Evacuation Policy) including the use of battery operated fans to cool children. Families will be contacted to collect children if educators believe children's health is at risk from the heat.

## Sources

- ACECQA Policy and Procedure Guidelines
- SA Policy and Procedure Guidelines
- Education and Care Services National Law and Regulations.
- Early Years Learning Framework
- National Quality Standard
- Cancer Council SA SunSmart early childhood policy guidelines (including sample policy)
- Cancer Council SA
- Kidsafensw: Playground surfacing
- Heat health plan for Victoria



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- Vic Govt Better Health: How to cope and stay safe in extreme heat
- Cancer Council SA and the National SunSmart Early Childhood Program
- Education Standards Board SA 'Heat and bushfires: What to do?'

## Review

The policy will be reviewed annually by:

- Management
- Employees
- Families
- Interested Parties

