



Sun Safety Policy

Queanbeyan and District Preschool Association aims to provide a safe and healthy environment for preschool aged children in the local community. With Australia having the highest incidence of skin cancer in the world, we recognise the need to protect the children from ultra violet radiation that can contribute to skin damage, and potentially skin cancer.

Aims

Queanbeyan and District Preschool Association's sun protection policy has been developed to protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun. The aims of the sun safety policy are to promote among children, staff and families:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer.
- Awareness of the need of environmental and timetable change in the preschool to reduce the level of exposure to the sun during the hours of 11am to 3pm during summertime.
- Awareness of varying clothing needs.

Our sun protection strategies are:

Clothing and Hats

- Children and staff will wear hats which protect the face, neck and ears whenever they are outside. A legionnaire style hat is recommended. Beanies are acceptable in the colder weather of June and July.
- Children who do not have a hat will use a spare hat which is provided by the preschool, that will be washed after use, or will be asked to play in a designated area protected from the sun.
- When outdoors children and staff will wear tops with sleeves. Singlet tops do not provide adequate protection. Children who are not wearing sun safe clothing will be provided with spare clothing.
- Staff will act as models by wearing appropriate clothing at all times that is neat and comfortable, and protective hats for all outdoor activities.

Sunscreen

- The preschool will supply SPF 50+ broad spectrum, water resistant sunscreen. This will be applied to all children 20 minutes prior to outdoor play, and used in combination with other sun protection measures. Sunscreen will be reapplied every two hours as required.
- Sunscreen is to be applied whenever the UV index is 3 or above. Staff will check the UV Index each morning and make a note of it.
- If a child is sensitive to particular brands of sunscreen, then the parents will be asked to provide a suitable alternative from home.
- Sunscreen will be stored in a cool dry place and the use by date of the sunscreen will be monitored.



Shade

- October - March: Outdoor activity times will be minimised between 11am and 3pm (Eastern 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 (Eastern Standard Time), except in June and July when the UV Index is mostly below 3.
- All 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.
- The Association will provide adequate shade and sun canopies in the playground in accordance with the recommendations of the Cancer Council of NSW.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade. This will be completed in the workplace checklist.

Outdoor Activities

- Where possible outdoor play times will be scheduled so as to minimise the risk of skin damage.

Role Modelling

- Staff , students, families and visitors will act as positive role models and demonstrate sun smart behaviour when attending the service by;
 - Wearing a sun safe hat;
 - Applying SPF 50+ broad spectrum water resistant sunscreen;
 - Using and promoting shade;
 - Wearing sun safe clothing.

Excursions

- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when excursions are planned.
- When planning the excursion, time of day and availability of shade will be considered.
- Families will be reminded of specific sun protection requirements.
- Volunteers accompanying the children will be given information on sun protection requirements.

Education and Information

- Sun protection will be incorporated regularly in the program.
- Sun protection information will be promoted to staff, families and visitors through newsletters, excursion notes and brochure.
- The Sun Safety Policy will be made available to all families by inclusion in the enrolment packs.



QUEANBEYAN & DISTRICT PRESCHOOL ASSOCIATION

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- As with all Association policies, all staff will read and sign acceptance of the reviewed sun protection policy.
- The policy will be reviewed biannually and the reviewed sun protection policy will be sent to the Cancer Council to ensure continued best practice.

For further information visit www.cancercouncil.com.au/sunsmart.

Further reading:

- 1) Expectations of Staff Policy
- 2) Students and Volunteers Policy
- 3) Workplace Health and Safety (WHS) Policy