**Temora Preschool and Out of School Hours**

**Sun Protection Policy**

**Aim:**

Temora Preschool and OOSH aims to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels in our children. We aim to take a sensible approach to sun protection in our Preschool and Out of School care program whilst empowering our children to take responsibility for their own health and wellbeing.

Our service recognises that the sun’s ultraviolet radiation is a major cause of skin cancer in Australia whilst also understanding that the sun is the best source of vitamin D. We need vitamin D to maintain good health and keep our bones and muscles strong and healthy.

Temora Preschool and OOSH aim to ensure that **all** children in attendance at the service when the UV forecast is 3 or above, will be protected from harmful rays of the sun. All staff will positively model the appropriate sun protection behavior and enforce the sun protection policy. It is our responsibility as educators to lead the way and demonstrate sun safe practices to the children in our care.

Evidence suggests that exposure to UV radiation in childhood can contribute significantly to the development of skin cancer in later life. UV radiation cannot be felt or seen and can reach high levels even on overcast and cool days. This means that educators will need to teach the children to not rely on clear skies and high temperatures to determine the need for sun protection. We as educators need to provide the children with resources and materials that will both reinforce the importance of sun safety and allow them to understand the complexities of their environment.

Temora Preschool and OOSH understand the children need to be active learners and thrive when given a level of responsibility especially in regards to monitoring their own actions. As educators we will provide the children with the appropriate tools and strategies to implement their own sun protection. As educators we acknowledge that supervision and encouragement of these procedures are a must, and will be actively monitored by staff.

Temora Preschool and OOSH believes that educating children about UV radiation will have a major impact on reducing their chances of developing skin cancer in later life.

**Procedure:**

**Scheduling of Activities:** The following procedures will be implemented when the UV rating is 3 or above.

1. Outdoor activities will be scheduled where appropriate outside of UV peak times, or planned in shaded areas and sun protection used for all children.
2. In non daylight saving time (April- Sept) outdoor activities can take place at any time as long as sun protection (Hats, sunscreen, appropriate clothing, shade) is used when the UV index is 3 or above)
3. When the UV index is unknown for that day the sun exposure should be minimised between 10am- 2pm and 11am- 3pm during daylight saving time.

**Shade:** Outdoor activities will be held in shaded areas whenever possible, especially when the UV index is 3 or higher.

1. Educators will select suitable shaded areas and set them up with appropriate activities.
2. Educators will encourage children to play in the shaded areas during times when the UV index is high.

**Clothing:**

1. Educators and children will wear protected clothing when outside during periods of time when the UV index is 3 or above.
2. Correct sun safe clothing includes; sleeves, collars, covered necklines and wide brimmed hats.
3. Children who are not dressed appropriately will have to play in shaded areas of the outdoor space.

**Sunscreen:** SPF 30+ Broad Spectrum water- resistant sunscreen will be available both Children and Educators at the Centre.

1. Educators will apply sunscreen to the children prior to going outside.
2. Educators will demonstrate and apply their own sunscreen before going outside.
3. In cases where families do not want their child to wear the Centre’s sunscreen in regards to health concerns or cultural beliefs the parents/ guardians will need to provide a signed note outlining the reasons behind their decisions. This signed note will be kept on record at the preschool.

**Role modeling of staff:**

1. Educators will wear protective clothing (Sleeves, collars, brimmed hats(7cms is recommended) and sunscreen)
2. Educators will seek shade when possible.
3. Educators will discuss the importance of sun protection both formally within the classroom as well as informally when playing in the outside environment.

**Collaboration with Children:**

1. Allow children opportunities to take on leadership roles in the classroom. Example may include; handing out the sunscreen to all the children and educators.
2. Teach the children about the UV index including how to locate it online.

**Education Information:**

1. The sun protection policy will be available for all families using the service.
2. Parents will be made aware of the appropriate sun protection clothing to wear whilst their children are at preschool when they enroll their child at our service.
3. Parents will be made aware of the appropriate sun protection clothing to wear whilst enrolled in after school care and vacation care in their enrolment information.
4. The Centre will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic from the Cancer Council NSW as appropriate.

**Legislative Requirements**

Occupational Health & Safety Act 2000 and Regulations 2001

**Education and Care National Regulation 2011**

**Who is affected by this policy?**

Children, Staff, Families, Management

**Relevant Early childhood professional standards**

Early Childhood Code of Ethics: 1-1, I-5, II-4, IV-2, IV-3

Early Years Learning Framework: Outcomes – 1.1, 2.3, 3.1, 3.2, . Principles – 1, 2, 4

Education and Care Services Australian National Regulations: 89 (1), 92(1), 100(1), 118, 119, 129, 151(1)

National Quality Framework: Quality areas – 2.1.1 - 2.1.4, 2.3.1 - 2.3.3, 4.1, 4.1.1, 4.3 – 4.3.4, 5.1, 5.1.1, 6.1, 6.2, 6.3, 6.3.1

**Sources/References**

Occupational Health & Safety Act 2000

Occupational Health & safety Regulations 2001

NSW Cancer Council Early Childhood SunSmart Policy Guide

<http://www.cancercouncil.com.au/editorial.asp?pageid=1850>

**Review**

Reviewed March 2017

Next review 2020