



Dubbo West Public School Preschool

Procedure: Sun Protection

Links to relevant Legislation:

Education and Care Services National Regulations 2015

Chapter 4, Division 2,
114 p. 68

Education and Care Services National Law Act 2010

Section 167 p.77

Links to National Quality Standard:

Element 2.3.3

Element 7.3.5

Links to EYLF:

Outcome 1 and 3

Date to be reviewed:

April 2020



Introduction: Children generally attend preschool at a time of day when the UV rating is at its highest; The *Education and Care Services National Regulations* require preschools to have a sun protection policy. The following is a procedure to accompany the Department of Education's Policy. The preschool's sun protection policy and procedures are developed in line with the Department's *Sun Safety for Students Guidelines*. Further guidance can be found in *The Cancer Council NSW SunSmart childcare: A guide for service providers*, Sydney, 2008.

Aims:

1. To ensure outdoor space includes adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun.
2. To reduce outdoor play during peak UV periods.
3. To inform parents, children and staff of appropriate sun safe clothing and procedures.

Procedures:

- In the months from October to March, children and adults will require sun protection (hats, protective clothing, sunscreen and shade) and consideration should be given to the amount of time children and educators spend outdoors between 11 am and 3 pm. Where possible outdoor activities should be scheduled outside of these hours.

- The three appropriate sun safe hats are; bucket hats with deep crown and brim size of at least 5cm (adults 6 cm). Broad – brimmed hats with a brim size of at least 6cm (adults 7.5cm) and legionnaire style hats. *Baseball caps and visors are not sun safe hats.* At Dubbo West Public School Preschool we have given each child a green broad brimmed hat with their name on it for them to wear if they do not have a sun safe hat. Children will be encouraged to keep their hats on but if they don't keep it on they will be reminded to play in an area protected from the sun.
- Sun safe clothing should cover shoulders, neck, back, stomach and as much of the legs as possible. At Dubbo West Public School Preschool educators and children's shirts need to have sleeves and collars are preferable. Spare sun safe clothing will be provided when necessary.
- SPF30+broad spectrum, water resistant sunscreen should be applied before children play outside. Sunscreen is provided by the Preschool. We have set up a sunscreen station for when children are getting ready to go outside where mirrors allow children to apply their own sunscreen. An educator will be present to assist children if needed.
- Outdoor experiences will be set up in the shade whenever possible and moved throughout the day to take advantage of available shade. Shade options can include a combination of portable, natural or built shade.
- In the months from April to September outdoor experiences can be scheduled to take place at any time of the day. Sun protection is needed when children are outside between 10am and 2pm, except in June and July when the UV index is mostly below 3.
- During summer terms, 1 and 4, the main outdoor activity session will be held on the children's arrival at preschool - 9.00 am - 10.30 am. Sun protection should be included in the preschool's learning programs.
- When parents enrol their child they are informed about the preschool's sun protection procedures. Sun protection information should be promoted. At this time any special requirements their child may have with sun protection (including allergies) should be discussed with staff. Parents who do not want their child to use sunscreen need to put their wishes in writing. A list of children who are not to wear sunscreen will be kept at the sunscreen station.

