

SUNSAFE POLICY 2024 – 2025

Rationale:

Background

The sun's UV can't be seen or felt. 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. More than two in three Australians will be diagnosed with skin cancer in their lifetime. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk.

Purpose:

Students, staff and parents will develop:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer
- Personal responsibility for, and decision making about, skin protection
- Awareness of the need for further environmental improvements in our school to reduce the level of exposure to the sun.

Guidelines:

- **To assist with the implementation of this policy, educators and children are encouraged to access, display and communicate the daily, local sun protection times.**
- **The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times.**
-

Environment

Seek shade

- **The educators make sure there are enough shelters and trees providing shade in the outdoor area particularly in high-use areas.**
- **The availability of shade (natural, built, temporary) is considered when planning all outdoor activities.**
- **Children are encouraged to choose and use available areas of shade when outside.**
- **Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.**
- **In consultation with the P&C, shade provision is considered in future and upgrades.**
- **A shade assessment is conducted regularly to determine the current availability and quality of shade.**

Behaviours

- **Slip on sun-protective clothing**
- **Children wear loose-fitting clothing that covers as much skin as possible. Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts, skirts and dresses for their child.**
- **If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors.**

Slap on a sun protective hat

- All children and educators wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket style).
- Caps and visors are not considered a suitable alternative.
- Children without a sun protective hat are provided with a spare hat where possible.

Slop on sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied for whole school events.
- Families are encouraged to provide SPF30 (or higher) for their children to apply during the day.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.
- To help develop independent skills ready for school, children from three years of age are encouraged and given opportunities to apply their own sunscreen under supervision of staff.
- Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.
- Where children have allergies or [sensitivities to sunscreen](#), parents are asked to provide an alternative sunscreen or children are encouraged to play in the shade.

Slide on sunglasses [if practical]

- Where practical children wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Sun protection is incorporated into the learning and development program.
- The SunSmart policy is reinforced by educators and through children's activities and displays.
- Educators are encouraged to complete Cancer Council's free [Generation SunSmart](#) online learning modules.
- Children are encouraged to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g., accessing daily sun protection times, hat reminders and supporting sunscreen application.
- Educators, staff and families are provided with information about sun protection through family newsletters, service handbook, noticeboards and the school's website.

WHS

- As part of Wellness, Health and Safety (WHS) UV risk controls and role-modelling, educators, staff and visitors:
 - wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- Sun protection considerations and actions are included in [risk assessments](#) for excursions and excursion checklists.

Procedures:

- Children will wear sun-safe hats to protect the face, neck and ears whenever they are outside such as during recess, lunch, sport, excursions and sports carnivals.
- The NO HAT, NO OUTSIDE PLAY all year.
- Children without hats play in the designated under covered area.
- Outdoor activities will be held in areas of shade where possible.
- Teachers will schedule outdoor activities before 11:00 am in Terms 1 and 4.
- Teachers will integrate programs on skin cancer prevention, where appropriate, across all Key Learning Areas e.g. – Cancer Council Sun Smart Teaching Resource.
- Promote and reinforce the Sun Smart Policy in a positive way through newsletters, assembly awards parent meetings and student/teacher activities and bell time reminders.
- Staff, students and parents will be encouraged to practice Sun Smart behaviour by:

- Wearing hats and appropriate clothing where possible
- Use the UV information to inform students of sun risk
- Using SPF 30+ broad spectrum, water resistant sunscreen for skin protection
- Seeking shade whenever possible.
- Re-application of sunscreen to take place every two hours in the case of outside excursions or play

Implementation:

Monitor and evaluate the implementation of the Sun Smart Policy.

- Monitor and record the skin protective behaviour of the school community, the use of hats/clothing, sunscreen and shade, for example. Analyse the scheduling of outdoor activities

Monitoring and review

- All staff, , monitor and review the effectiveness of our SunSmart policy (with input from families and children where possible) and revise the policy as required.
- Our school is committed to our SunSmart membership and complete a policy review and membership renewal with SunSmart at <https://www.sunsmart.com.au/advice-for/schools-early-childhood/renew-your-sunsmart-membership> - at least once every three years.
- As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented.
- Our SunSmart policy is available to staff, families and visitors.

Reviewed:	Next Review:
October, 2023	October, 2025