



Sun Protection Policy

Rationale

This Sun Protection Policy has been developed to ensure that children and staff are protected as much as reasonably practicable from skin damage caused by over-exposure to harmful ultraviolet rays of the sun.

This policy is implemented when spending time outdoors from the beginning of August to the end of May when ultraviolet (UV) levels reach 3 or above, strong enough to damage unprotected skin and eyes.

Aims

This policy aims to ensure that Isabella Plains Early Childhood School effectively implements behavioural, environmental and organisational strategies that protect children (and workers) attending the school from the harmful effects associated with over-exposure to the sun's ultraviolet rays (UVR).

The policy aims to promote among children, staff and families:

- awareness of the need for sun protection and appropriate personal, environmental and organisational sun protection practices;
- positive attitudes towards skin protection; and
- responsible decision making about skin protection.

Implementation

A combination of the five sun protection measures will be considered when planning outdoor activities and events. Sun protection will be enforced when UV levels reach 3 and above, so for part or most of each day between August and May.

1. Scheduling of activities

- Minimise outdoor activities and events as much as *reasonably practicable* between 11am and 3pm during the daylight saving time of the year (i.e. Term 1 and 4).
- When outdoors between 11am and 3pm during daylight saving time, children and staff will be required to seek out shaded areas whenever possible.
- When planning outdoor activities, including carnivals and excursions, the combination of the following 5 sun protection measures will be considered and adopted when UV levels reach 3 and above:
 - ✓ Slip on sun protective clothing
 - ✓ Slop on SPF 30+ broad spectrum, water-resistant sunscreen
 - ✓ Slap on a Hat
 - ✓ Seek Shade
 - ✓ Slide on some Sunnies

2. Shade

All workers and children will be encouraged to use available shade whenever in outdoor learning environments.

Our school has sufficient shade and/or is working toward increasing the number of trees and shade structures to provide adequate sun protected areas in the school grounds.

3. Clothing, hats and sunglasses

- Children and staff will wear clothing that protects as much skin as possible.
- Children and staff will be expected to wear a broad-brimmed hat, legionnaire style hat, or bucket hat with a deep crown that provides sun protection for the face, neck and ears, whenever they are involved in outdoor learning activities. Isabella Plains Early Childhood School has a **No Hat, Play in the Shade** rule. Children not wearing an appropriate hat or adequate clothing will be expected to play in the shade provided in their outdoor learning environments.
- Children and staff are encouraged to wear sunglasses in outdoor learning environments. Sunglasses should meet Australian Standard 1067 and display an EPF 10, which provides 100% protection. Close fitting, wrap around style sunglasses are recommended as they offer best protection.

4. Sunscreen

Children are encouraged by their educators to apply water-resistant, broad spectrum sunscreen with an SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors. Children and their educators are encouraged to apply SPF 30+ sunscreen before going outdoors.

Sunscreen will be reapplied every two hours if outdoors for a prolonged period of time, or more frequently if the children are involved with water play or are perspiring etc.

- Adequate time will be allowed for application of sunscreen on children before they go outdoors.
- Families will be asked to supply sunscreen for their children.

5. Education

Reinforcing the SunSmart message is an important strategy in the adoption of skin protection behaviours.

- Staff are required to role model appropriate SunSmart strategies and as part of the OH&S responsibilities.
- Staff will be encouraged to keep up to date with new information and resources through contact with the education service at Cancer Council ACT i.e. Kidskin, Generation SunSmart etc
- Skin cancer prevention as well as maintaining a healthy UV balance will be included in appropriate teaching activities.
- Isabella Plains Early Childhood School will promote the SunSmart message to families through regular inserts in the school newsletter, on the school website and throughout the school etc.
- Parents and visitors to the school will be *encouraged* to act as positive SunSmart role models if participating in outdoor activities and events.

Occupational UVR Exposure

The school has a duty of care to protect its workers as much as reasonably practicable from any foreseeable harm including occupational UV exposure. Workers are aware of their OH&S responsibilities when it comes to sun protection and will adopt a combination of the 5 sun protection measures when working outdoors when UV levels reach 3 and above.