

# SUN SAFETY PROTECTION POLICY



## RATIONALE

The Farmhouse Montessori's sun protection policy has been developed to protect all students and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

## EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

Children (Education and Care Services) National Law NSW	
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

## AIMS

- To develop good habits of skin protection when outdoors.
- To educate the children on the need and means of protecting themselves from the sun.
- To provide optimum shelter and shade for outdoor activities.

## IMPLEMENTATION

The school will use a combination of sun protection measures whenever UV Index levels reach 3 and above. This will include the following as a guide:

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes both reducing the number of times (frequency) and the length of time (duration) children are outside.
- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am - 2pm sun protection is required.
- In June and July when the UV index is mostly below 3, sun protection is not required. All sun protection measures (included recommended outdoor times listed above, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.
- **Children are to wear hats** that cover the head, face, neck and ears when outside, all year round. It is preferred that children not share spare hats that they may have with others, to encourage children to remember their hats and to avoid the possible spreading of head lice if evident.

A safe sun hat is:

- Legionnaire hat
  - Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm)
  - Broad brimmed hat with brim size of at least 6cm (adults 7.5cm)
- Children not wearing hats are required to remain in designated, shaded areas. These to be decided according to the season and time of day (e.g. under the shade of outdoor umbrella, on either two veranda or indoors). Alternatively, children will be provided with a spare hat from the school hat rack.
  - Outdoor activities are to be held in shaded areas whenever possible. All outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved where possible throughout the day to take advantage of the shade patterns.
  - Outdoor time will be early in the morning during the summer season to avoid the most dangerous time for sun damage. Consideration will be given as to whether to go outside during the day or stay indoors particularly in the mid-summer season.
  - Farmhouse Montessori will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.
  - Children are permitted to wear real sunglasses to protect their eyes as long as they are wearing a ski band to prevent falling off during play.
  - SP30+, broad spectrum, water resistant sun screen will be provided for children to use as required and applied 20 minutes prior to outdoor activities and reapplied regularly according to instructions on the product. All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the use by date monitored. If parents would prefer to bring their own sunscreen this is also an option.

## Clothing

Parents are informed of the need for children to wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style shorts and trousers.
- Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

### Excursions

- If excursions are to occur outdoors, children will be required to wear hats. This will be listed on all excursion notes from both campuses.
- Sunscreen will be applied before the children leave either campus and a bottle taken to re-apply as needed dependent on the length of the excursion.
- If a student from Nth Head has a particular sunscreen requirement they carry their own sunscreen in there bag.

### Program

- To incorporate skin protection awareness regularly into the learning programs.
- To provide information to parents regarding protection from the sun.
- Parents will be encouraged to practice sun protection themselves as positive role models.
- Parents are to receive a copy of the skin protection policy when enrolling their child.

### Education and Information for Parents

- Parents will be notified each year of the sunscreen product being used at the North Balgowlah Campus, (this will be in the Child Information form that all parents receive annually) the students at the Nth Head Primary school are requested to purchase a small bottle of sunscreen in there pack at the beginning of the year.
- Parents are asked to apply sunscreen prior to the child's arrival at School and/or to provide suitable sunscreen if they do not wish to use the one provided at the Nth Balgowlah campus, and to dress their child in a protective manner if the product used by the School is unsuitable for their child.
- Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)

### When a child arrives at School Sunburnt

1. A note is made on an Injury Form as an offsite occurrence.
2. The child will be required to wear clothing that covers all burnt areas.
3. Discussion may need to occur with the parents on the ability of the child to attend School that day.

### Staff-Role Modelling

All staff are expected to practice skin protective behaviour for their own protection as well as good example to the children. Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat ( see hats)
- Wearing sun safe clothing ( see clothing)
- Applying SPF30+ broad spectrum water resistant sunscreen 20 minutes before going outdoors
- Using and promoting shade
- Wearing sunglasses that meet the Australian Standard 1067 (optional)
- Families and visitors are encouraged to role model positive sun safe behaviour
- By directing the children to shaded areas as much as possible
- By ensuring children without hats are in the designated areas of play.

### Policy Availability

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors at all times. A copy of this can be found in the office at both the Nth Balgowlah campus and the Nth Head campus..

### Evaluation

Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The School's sun protection policy will be submitted every two years to the Cancer Council for review to ensure continued best practice. Refer to the Cancer Council's guidelines and website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) for further information.

## SOURCES

Policies and Procedures for Early Childhood Service: Sun Protection Policy; Cancer Council 2008

## REVIEW DATES & MODIFICATIONS

*Reviewed: September 2008, Reviewed: March 2010, Reviewed: August 2011, Reviewed: March 2014, Reviewed: May 2015*

*New Logo 2018*

