

# UV / SUN SAFETY PROTECTION POLICY



Australia has one of the highest rates of skin cancer in the world. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. 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 (Cancer Council Australia).

## 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.

## NATIONAL QUALITY STANDARD (NQS)

### QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

### QUALITY AREA 3: PHYSICAL ENVIRONMENT

3.1.1	Fit for Purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
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### EDUCATION AND CARE SERVICES NATIONAL LAW

167	Protection from harm and hazards
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### EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures
168 (2)(a)(ii)	Sun Protection

## 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:

## MONITORING UV LEVELS

Sun protection is required when UV levels reach level 3 or above. The Farmhouse School will monitor the UV levels daily through one or more of the following methods:

- Viewing the Bureau of Meteorology website [www.bom.gov.au](http://www.bom.gov.au)
- Visiting [www.myuv.com.au](http://www.myuv.com.au)

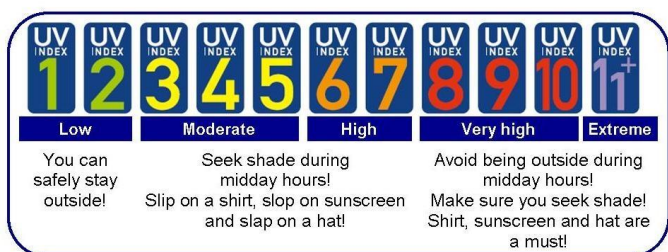
The classroom teacher will organise one of the students to monitor and report this each day and record on whiteboard in classroom.

## OUTDOOR ACTIVITIES

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times, when the UV Index is 3 or above. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, a combination of sun protection is recommended for all skin types.

The School will use a combination of sun protection measures (see below) **whenever UV Index levels reach 3 and above**. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

We will follow the advice from Cancer Council in NSW and if recommended, cease outdoor play if UV levels reach certain levels- usually 8 however this will be at the discretion of the Principal and or Authorised Supervisor.



SunSmart (2020)

## The sun's ultraviolet radiation

We cannot feel ultraviolet (UV) radiation from the sun and yet it is the major cause of skin cancer.

Australia has some of the highest levels of UV radiation in the world: in fact UV radiation is strong enough to cause sunburn in as little as 10 minutes on a fine January day.

Your skin remembers all the UV exposure you get. It all adds up and increases your long-term risk of skin cancer.

Over 2000 Australians die from skin cancer each year.

It's estimated that if we reduce our lifetime exposure to UV radiation by just 20%, Australia would have about one third fewer cases of skin cancer.

The UV Index will tell you when the uv radiation is doing you harm. It tells you when to cover up.

- 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.

## SHADE

### Management will ensure:

- Farmhouse Montessori will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade at the North Balgowlah campus at the North Head campus due to the lack of natural shade if it is too hot (play will be in doors).. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

- Due to the restrictions by Sydney Harbour Trust the North Head Campus are unable to provide any additional shade structures in the playground beside the natural ones.
- 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.

## HATS

Educators, children, and visitors are required to wear sun safe hats at all times they are outdoors. Cancer Council Australia describes sun safe hats as:

- hats that protect a person's face, neck, and ears, which include:
  - a legionnaire hat – the flap should cover the neck
  - a bucket hat with a deep crown and brim size of at least 5cm for children and at least 6cm for adults and must shade the face, neck, and ears
  - a broad brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults. The brim should provide shade for the whole face

*Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.*

- Children without a sun safe hat will be required to play in an area protected from the sun. They will not be provided with a spare hat by the Primary school campus due to possible cross contamination. (Head Lice).
- 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).
- 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.

## 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.

*Please Note: 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.

## PROGRAMS

- 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. This is to be replaced each term. The Primary School currently does have a supply of National Breast Cancer Foundation 50+ Sunscreen at the school for students who do not have any with them.
- 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

- A note is made on an Injury Form as an offsite occurrence.
- The child will be required to wear clothing that covers all burnt areas.
- 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 of the school to ensure a comprehensive understanding about keeping sun safe. A copy of this can be found on the school website and in the office at both the Nth Balgowlah campus and the Nth Head campus
- When enrolling their child/ren to our Service, parents will be required to give permission for educators to apply sunscreen to their child
- Information about Sun Safety is included in our Handbook.

#### 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

- Australian Children's Education & Care Quality Authority. (2014).
- Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>
- Cancer Council. (2019). UV alert: <https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>
- Cancer Council. Home page: <https://www.cancer.org.au/>
- Cancer Council. Preventing cancer: Sun protections: <https://www.cancer.org.au/preventing-cancer/sun-protection/>
- *Children's Services Act 1996*
- Cancer Council. SunSmart programs <http://www.sunsmartnsw.com.au/about/>
- Early Childhood Australia Code of Ethics. (2016).
- Education and Care Services National Law Act 2010. (Amended 2018).
- [Education and Care Services National Regulations](#). (2011)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
- Guide to the National Quality Standard. (2017).
- Kidsafe NSW [Playground Safety](#) .(2020).
- *Occupational Health and Safety Act 2004*
- Revised National Quality Standard. (2020).

## Review

**Note:** Our Sun Safe Policy has recently been reviewed by Australia's Cancer Councils in each state and adjusted accordingly to meet Sun Smart services criteria. (17-02-2020)

REVIEW	MODIFICATIONS	REVIEWED
AUGUST 2017	Minor changes made to comply with being a Sun Smart Service	SEPTEMBER 2018
OCTOBER 2017	Updated the references to comply with the revised National Quality Standard	SEPTEMBER 2018
SEPTEMBER 2018	<ul style="list-style-type: none"> <li>• Latest updates include terminology and grammar improvements.</li> <li>• Added the section displaying related policies on page 1.</li> <li>• New logo added and formatted</li> </ul>	SEPTEMBER 2019
MAY 2019	Latest updates have been made to comply with the latest recommendations by the Cancer Council of Australia and the SunSmart program.	SEPTEMBER 2019
April 2020	Revision and rewrite. UV Monitoring added	April 2021
April 2021	<ul style="list-style-type: none"> <li>• Additional regulation re: risk assessments</li> <li>• Additional section for Risks of Summer Play</li> <li>• Parent permission to apply sunscreen added</li> <li>• Additional sources</li> <li>• additional UV index level information</li> <li>• edited webpage address for BOM</li> <li>• optional Daily Playground Surface Temperature Check added</li> <li>• minor edits</li> </ul>	2024