



CASTLE HILL PRE-SCHOOL KINDERGARTEN INC.

139A Cecil Avenue Castle Hill NSW 2154 Phone: 02 9634 1533
ABN: 91 752 591 635

Sun Protection

Policy Statement

Castle Hill Pre-School Kindergarten Inc. aims to protect all children, family members' educators and staff from the harmful effects of UV radiation from the sun and reduces the risk of developing skin cancer.

Goals

Castle Hill Pre-School Kindergarten Inc. will:

- Follow best practice recommendations (from NSW Cancer Council Sun Protection Policy) to protect children, family members, educators and staff from the effects of sun exposure.
- Continue to be a SunSmart Centre.

Strategies – How will it be done?

1. Scheduling outdoor activities

- Outdoor activity times and sun protection practices to include:
 - *October – March:* Minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.
 - *April – September:* Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when UV Index is mostly below 3.
- All sun protection measure will be considered when planning (i.e. Shade, hat, clothing, sunscreen).
- Depending on weather conditions, educators will use their discretion to ensure that the timing of the indoor/outdoor routine is flexible throughout the year.

2. Shade

All outdoor activities will be planned to occur in shaded areas to the best of our abilities. In Term 1 & 4 – Outdoor activities will occur prior to 10.30am.

Castle Hill Pre-School Kindergarten Inc. will provide and maintain adequate shade for outdoor play, which can include combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

3. Hats

Educators, staff and children are required to wear sun-safe hats that protect their face, neck and ears. Recommended sun-safe hats include legionnaire, broad-brimmed hat with a brim size of at least 6cm (adults 7.5cm). **Please note: Baseball caps or visors do not provide**



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Policy – Sun Protection...continued...

enough sun protection and therefore are not recommended. Parents are required to purchase the preschool broad brimmed hat which has a brim size of 7mm.

Children without their preschool hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with a spare preschool hat if available.

4. Clothing

When outdoors, educators, staff and children will 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 skirts, shorts and trousers.

Children who are not wearing sun-safe clothing will be asked to play in shaded areas (e.g. under shade, veranda or indoors) or will be provided with a spare sun-safe clothing if available. **Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.**

5. Sunscreen

All educators, staff and children will wear SPF30+ broad-spectrum water-resistant sunscreen before going outdoors. Sunscreen is stored in a cool, dry place and the expiry date monitored. Parents will apply sunscreen before arrival at preschool during Term 1 & 4. Sunscreen is available at the sign in/out tables for all families.

6. Babies

Babies under 12 months should not be exposed to direct sunlight and are to remain in full shade when outside. They will wear sun-safe hats, clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

7. Role Modelling

Educators and Staff will act as role models and demonstrate sun-safe behaviour by:

- Wearing a sun-safe hat, clothing, promoting shade and wearing sunglasses (optional) that comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

Families and visitors are encouraged to role model positive sun-safe behaviour when attending the preschool.

8. Education and Information

Sun protection will be incorporated regularly into learning programs and promoted to educators, staff, families and visitors. Further information is available from Cancer Council NSW's website www.cancercouncil.com.au/sunsmart.



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Policy – Sun Protection...continued...

9. Policy Availability

The sun protection policy, updates and requirements will be made available to educators, staff, families and visitors.

10. Review

Educators and staff will regularly monitor and review the effectiveness of the sun protection policy. The centre's sun protection policy must be updated and submitted to Cancer Council NSW every three years to maintain SunSmart status.

Evaluation

Castle Hill Pre-School Kindergarten Inc. demonstrates Sunsmart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is limited throughout the day in accordance with Cancer Council NSW recommendations
- The curriculum and program incorporates sun safety awareness experiences.

Education and Care Services National Regulations 2011: 168

Link to National Quality Standard: 2.3.2; 7.3.5

Cancer Council NSW

Date reviewed: December 2015

Next review date: December 2018