

## Sun Protection Policy

Southern Montessori ELC

Version	Approved By	Date	Maintained By	Next Review
3	Board of Governors	Nov 2021	Management	Nov 2024

Regs	100	Risk assessment must be conducted before excursions
	113	Outdoor space: natural environment
	114	Outdoor space: shade
	168 (2)(a)(ii)	Policies and procedures: Sun protection
QA	3.1	The design of the facilities is appropriate for the operation of a service.
	2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

### Policy Statement

The purpose of this policy is to ensure that all members of the school community are protected from skin and eye damage caused by harmful ultraviolet rays from the sun.

Australia has one of the highest incidences of skin cancer in the world, with two out of three Australians being diagnosed with skin cancer before aged 70. Melanoma is the most common cancer in Australians aged 12-24, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Skin damage, including skin cancer, is the result of overexposure to UV radiation from the sun. UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by the angle of the earth to the sun, and are therefore unrelated to temperature. Damage from UV radiation from the sun is cumulative and irreversible.

### Aims

Southern Montessori School, through its **Sun Protection Policy**, aims to promote among students, staff and parents:

- ensure all children, educators and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment provides shade for children, educators and staff
- ensure children are encouraged and supported to develop independent sun protection skills
- support duty of care and regulatory requirements
- support appropriate OH&S strategies to minimise UV risk and associated harms for educators, staff and visitors.

### Implementation

This policy will be implemented every day from 1 August to 30 April, and throughout the year when the UV index is forecast to reach 3 and above. Hats will be worn under these circumstances at all times while outside, but should be brought to school each day in case needed.

Sun protection is not required when the UV is below 3, to assist with the production of vitamin D, essential for healthy bones and muscles, and general health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

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All members of the school community are required to use the following skin protection strategies:

### Slip on sun protective clothing

- Children wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. 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 by the service and/or families.
- Sunscreen is applied in accordance with the manufacturer's directions (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 given opportunities to apply their own sunscreen under supervision of staff, and are encouraged to do so.
- Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.

### Seek shade

- Management makes sure there are enough shelters and trees providing shade in the outdoor area particularly in high-use areas.
- The availability of shade is considered when planning all outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- In consultation with the service's committee, shade provision is considered in future plans and upgrades.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.
- 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.

### 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.

### Education

The message of this Sun Protection Policy will be reinforced in classroom activities and in general school procedures:

- Staff, volunteers and visitors will be encouraged to model appropriate sun safe behaviours when involved in any school activity - on or off campus.
- Skin cancer prevention and sun protection information will be included in the Health curriculum of the school and will be regularly reinforced and promoted to the whole school community via newsletters, assemblies, bulletin boards, parents and staff meetings and all families and staff members will be informed of the policy.
- Staff will be kept up to date with information and resources, through Cancer Council SA.

### On Enrolment

Families will be made aware of the service's Sun Protection Policy and asked to provide a suitable sun smart hat and covering clothing. Families are also asked to provide an alternative sunscreen if their child is sensitive to Cancer Council Everyday SPF30+. Parents are also required to give permission for educators to apply sunscreen to their child.

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### Document History and Version Control Table

Version	Date Approved	Approved By	Brief Description
1	2012	Board of Governors	Creation of original document
2	July 2015		
3	October 2018		
4	November 2021		

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