

## **SA Montessori Pre-schools Policies**

### **Sun Protection Policy**

#### **Statement**

SA Montessori Pre-Schools aim to ensure the protection of children and adults from overexposure to harmful UV radiation from the sun. SA Montessori Pre-schools will incorporate the expert advice of Cancer Council SA and SunSmart guidelines in creating and reviewing the Sun Protection Policy and Procedures. This policy applies to all Centre events on and off-site.

#### **Rationale**

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

#### **Objectives**

This sun protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the Centre's sun protection policy.

#### **Procedures**

Staff are encouraged to access the daily sun protection times on the SunSmart app, or at [bom.gov.au/uv/index.shtml](http://bom.gov.au/uv/index.shtml) to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities between 1 August until 30 April and whenever UV levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

#### **Clothing**

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they are required to wear a shirt/t-shirt over the top before going outdoors.

## **Sunscreen**

- SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Where adults apply sunscreen, disposable gloves will be worn.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

## **Hats**

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

## **Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

## **Sunglasses (optional)**

Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended

## **Babies**

Our sun protection practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.

Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.

## **Enrolment and information for families**

When enrolling their child, families are:

- informed of the Centre's sun protection policy
- asked to provide a suitable hat for their child
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- The brand of sunscreen available at the centres will vary and therefore parents who are worried about their child's skin sensitivity should provide their own named, SPF30 or higher broad spectrum, water resistant sunscreen.
- required to give permission for staff to apply sunscreen to their child
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the Centre.

## **Staff WHS and role modelling**

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses (optional) when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

## **Education**

- Sun protection is incorporated into the learning and development program.
- This policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the Centre's website.

## **Policy review**

Management and staff monitor and review the effectiveness of the sun protection policy and revise the policy. Sun and skin safety awareness will be promoted to adults and children through the brochures, posters and activities within the program.

## **Linkage to other policies:**

Clothing Policy

Occupational Health & Safety Policy

## **Sourcing:**

Legislation: This policy relates to the following National Law and Regulations:

- **Education and Care Services National Law Act 2010**
  - Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
  - Regulation 100 – Risk assessment must be conducted before excursion
  - Regulation 113 – Outdoor space–natural environment
  - Regulation 114 – Outdoor space–shade
  - Regulation 168: Policies and procedures (2)(a)(ii)–sun protection.
- Cancer Council SA, SunSmart Early Childhood Program Policy Guidelines.

**Development date:**

01/06/07

***Approved by Barbara Langford*****SA Montessori Pre-school centres include:**

Jescott Montessori Pre-school

Cedars Montessori Pre-school

Lilliput Village Montessori

Chancery Lane Montessori Pre-school

Rosemont House Montessori

Little Oxford Montessori

**Review history:**

<b>Date</b>	<b>Policy satisfactory</b>	<b>Policy amended</b>	<b>Comments</b>	<b>Next review due:</b>
26/6/10		√	ADD- Updated information regarding seasonal requirements for hat wearing	6/11
26/5/11	√			6/12
11/4/12		√	Reviewed and changed from JSC Montessori Pre-schools to SA Montessori Pre-schools	4/13
17/4/13		√	Add to source: National Regulations: Regulation 168	4/14
3/4/14	√			4/15
2/4/15		√	Add new centres to SA Montessori listing	4/16
21/4/16		√	Amended new Centre name. Removed Montessori On The Park & Montessori From The Start. Changed to Rosemont House Montessori	4/17
18/4/17	√			4/18
26/4/18		√	Amended the name Babthorpe Montessori Preschool to reflect the new Centre's name being Lilliput Village Montessori.	
14/9/18		√	Policy updated in accordance with Cancer Council SA Early Childhood policy guidelines.	4/19
5/4/19		√	Added new centre, Little Oxford Montessori, to SA Montessori listing	4/20

