



# Elizabeth Park Preschool

## Incident, injury, trauma and illness procedures

### **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 in the first ten years of life is a major 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. UV radiation Index levels of three and above can cause damage especially from September to April between 10am and 3pm.

### **Objectives**

This SunSmart 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
- Ensure all children and staff have some UV radiation exposure for vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of the preschool's SunSmart policy.

### **National Quality Standards**

Section 167 (Protection from harm and hazards). Regulation 100 (Risk assessment must be conducted before excursion), 113 (Outdoorspace–natural environment), 114 (Outdoorspace–shade), 168 (policies and procedures (2)(a)(ii)–sun protection)

### **Quality Area 2: Children's health and safety**

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Leadership and service management

### **Procedures**

Staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities whenever UV radiation levels reach 3 and above.

Children wear hats during all outside play, however, in terms 2 and 3 children are only required to wear a hat if the daily UV Index is above 3 or above, in accordance with Elizabeth Parks School SunSmart policy.

### **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 elbow length sleeves, collars and knee length or longer style shorts and skirts are best.

If a child is wearing a singlet top or dress, they will be offered a t-shirt/shirt to wear over the top before going outdoors.

### **Sunscreen**

- SPF 50, broad spectrum and water resistant sunscreen is available for staff and children's use.
- Families are encouraged to apply sunscreen to their child(ren) at home, sunscreen will also be provided at preschool if needed.
- During Terms 1 and 4, sunscreen is applied at least twenty minutes before going outdoors and reapplied in the middle of the day, around lunch time.

- At times, children are encouraged to apply their own sunscreen under the supervision of educators, depending on age and ability of the child.

### **Hats**

Elizabeth Park Preschool supplies your child with a bucket hat which meets SunSmart recommendations when they enroll. These hats will:

- Be required to be worn outdoors
- Be clearly named
- Remain at preschool in the hat stand to ensure hats are not lost or forgotten.

Baseball or peak caps are not a suitable alternative

### **Shade**

- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- 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 indoors or under the verandah.

### **Drinks**

- Children will be frequently offered water and have access to water at all times.
- Children will be regularly offered water during hot periods.

### **Temperature**

When temperature maximums are forecast 36c or above (as listed on the Bureau of Meteorology website [www.bom.gov.au](http://www.bom.gov.au)) the outdoor temperature will be monitored and children's play will be restricted to the air conditioned indoor environment once the temperature reaches 36c.

### **Enrolment and information for families**

When enrolling their child, families are:

- Informed of the preschool's SunSmart policy
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. shirts with collars and elbow length sleeves, longer style dresses and shorts).
- Asked to provide SPF 50, broad spectrum, water resistant sunscreen for their child if the preschool's is unsuitable
- 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 preschool.

### **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 and clothing when outside.
- Apply SPF 50 broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.

### **Education**

- Sun protection is incorporated into the learning and development program.
- The SunSmart 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 preschool's website.

### **Policy review**

**Quality area 7: Leadership and service management**

**Revision Record**

Version	Approved by	Approved date	Amendments
1.1			
1.2			

**Created:****Reviewed:**

June 2023

**Approved at Governing Council on (Date):**

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**Approved by Principal:** Kath Best

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**Approved by Governing Council Chairperson:**

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**To be reviewed:**

2025

Add info and these websites:

<http://www.bom.gov.au/><https://www.sunsmart.com.au/>