



CVSE Sun Safety Policy and Procedure

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Date Ratified by management team	October 2018
Status	Ratified
Last Review Date	Oct. 2020
Policy Number	CVSE doc 45

1. POLICY

Calder Valley Steiner Education wants to ensure that children are not harmed during their time outside in the sun. This policy aims to prevent children being harmed through excessive exposure to extreme heat and ultraviolet radiation (UV radiation).

1.1 Kindergarten based procedures

As a minimum each class's sun safety procedure must include:

- a) Dressing appropriately for the weather
- b) prevention of over exposure to the sun
- c) access to adequate shaded areas
- d) access to drinking water
- e) access to sunscreen
- f) Permission to apply sunscreen to the children.
- g) If permission is not given, appropriate clothing must be worn
- h) Without sunscreen and/or appropriate clothing children must stay inside (parents will be informed)

Responsible staff must ensure children comply with sun safety procedures when children are:

- on CVSE grounds
- participating in CVSE coordinated excursions and events outside the CVSE premises
- participating in events or activities operated by CVSE including out-of-school-hours care.

1.2 Sun Safety and the curriculum

Outside play and outside days form part of the Calder Valley Steiner Education Kindergarten curriculum. **NB** Teachers should role model Sun Smart behaviour to actively encourage students to adopt similar behaviours.

1.3 Sunscreen

The provision of sunscreen must be reflected in the CVSE sun safety procedures. Each family should provide sunscreen for their child for use during kindergarten.

1.4 Ultra violet (UV) rating

When exposed in excessive amounts, UV radiation can cause sunburn, skin damage, eye damage and skin cancer. The World Health Organization's [Global Solar UV Index](#) measures levels of UV radiation on a scale from 0 (Low) to 11+ (Extreme).

The Cancer Council recommends that schools engage with Sun Smart behaviours when the UV index reaches 3 or above.

Children are particularly susceptible to heat and UV radiation-related side-effects including sunstroke, heatstroke, dehydration, sunburn, skin damage, and/or eye damage. To minimise the risk of students suffering from any of the above side-effects, a whole setting approach to the adoption of Sun Smart behaviours needs be demonstrated.

1.5 Sun Smart behaviour

The understanding and practice of procedures which help to reduce the harmful risks associated with too much UV including sunburn and skin cancer. Sun Smart behaviours include:

- sun protective hat: a wide brimmed hat that shades the head, face, neck and ears
- sun protective uniform / clothing: includes cool, loose fitting clothing that covers as much skin as practical and has a densely woven fabric
- sunscreen: SPF 30 or higher broad-spectrum, water-resistant sunscreen
- sunglasses: wrap-around style labelled AS1067
- Shade: built, natural or portable that creates densely shaded areas.
- Children will be kept inside if they do not have appropriate clothing or sunscreen