



Policy Name: SUN PROTECTION

Links to National Quality Framework:

Children (Education and Care Services National Law Application) Act 2010 No 104

New South Wales – Education and Care Services National Law Act 2010: Section 167 – Protection from harm and hazards

Education and Care Services National Regulations: Education and Care Services National Regulations 2011: Regulation 100 - Risk assessment for excursions Regulation 113 – Outdoor space-natural environment Regulation 114 – Outdoor space-shade Regulation 168 – Policies and procedures (2)(a)(ii) – Sun protection

National Quality Standard for Early Childhood Education and Care and School Age Care:

Quality Area 1: Educational program and practice; 1.1.1

Quality Area 2: Children’s health and safety; 2.1.1, 2.1.2, 2.2.1

Quality Area 3: Physical environment; 3.1.1, 3.1.2, 3.2.1

Quality Area 5: Relationships with children; 5.1.1

Quality Area 6: Collaborative partnerships with families and communities; 6.1.1

Quality Area 7: Leadership and service management; 7.1.1

Introduction

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Children attend Early Childhood Services when UV levels are highest, therefore playing a major role in minimising UV exposure.

Goals

- Our care and education service will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.
- Our service will become a SunSmart service.



Strategies - How will it be done?

Outdoor Activities

The service will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. This will include:

- Sun protection at all times.
- From **October to March** time spent in the sun outdoors is minimised and extra sun protection is needed between 11am and 3pm. On extremely hot days outdoor activities will be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- From **April to September** outdoor activity can take place at any time.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

Shade

All outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.

The service will provide and maintain adequate shade for outdoor play. Shade options can include a 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.

Hats

Educators, staff and children must wear sun safe hats that protect their face, neck and ears at **ALL** times when outdoors. A sun safe hat is:

- Legionnaire hat.
- Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
- Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

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



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 can be provided with spare clothing or will play in protected areas.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the use-by-date will be regularly monitored.

Role Modelling

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

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade appropriately
- Wearing sunglasses that meet the Australian Standard 1067 (optional).

Families and visitors are encouraged to role model positive sun safe behaviour.

Education and Information

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

Policy Availability

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.



Review

Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The centre's sun protection policy must be submitted every two years to the Cancer Council for review to ensure continued best practice. Refer to the Cancer Council's guidelines and website www.cancercouncil.com.au/sunsmart for further information.

Evaluation

The service 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 recommendations.
- The curriculum and program incorporates sun safety awareness experience.

Further Sources:

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools>

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