



SUN PROTECTION

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy Statement

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, Early Childhood Education and Care Services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year (however, during June & July UV levels are mostly below 3). UV levels are particularly high during the summer months and highest in the middle of the day (Cancer Council NSW).

Goals / How will it be done?

This policy provides guidelines to support the 10 recommendations from the Cancer Council and to:

- ◁ Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- ◁ Ensure the outdoor environment is sun safe and 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 WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

This policy has been adapted from the NSW Cancer Council Sun Protection Policy Sample for further detail visit www.cancercouncil.com.au.

Strategies / How will it be done?

Outdoor Activity

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used **whenever UV Index levels reach 3 and above**. These measures include:

◁ **Slip** on clothing that covers as much skin as possible

◁ **Slop** on sunscreen (except June / July)

◁ **Slap** on a hat

◁ **Seek** shade

◁ **Slide** on sunglasses where possible

When children are on excursions all sun protection practices are planned, organised, understood and available.

Please Note: Children will not be allowed outside if the temperature is 38 ° C.

Shade

◁ All outdoor activities will be planned to occur in shaded areas during October to March.

◁ The program 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 are required to wear SunSmart hats that protect their face, neck and ears. A SunSmart 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 are not suitable.*

◁ Children without a SunSmart hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with a spare hat (these will be washed at the end of the day).

Clothing

◁ When outdoors, educators, staff and children will wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. We encourage collared shirts with sleeves.

◁ Children who are not wearing SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors).

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 re-apply every 2 hours.

◁ Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.

◁ Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child will be encouraged to play in the shade.

◁ The centre will supply SPF 30+ broad spectrum water resistant sunscreen. All sunscreens will be stored in a cool, dry place and the expiry dates monitored.

Babies

◁ Babies under 12 months will not be exposed to direct sunlight.

◁ Babies clothing, hat and shade positioning are checked regularly to ensure they continue to be well protected from UV.

◁ The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin.

Education

◁ Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing and accessing daily UV levels

◁ June/July UV is mostly below UV Index 3 hence sunscreen is not compulsory – however hats or beanies must be worn in June/July when outside.

◁ Visitor, student and new employee inductions embed the transfer of information relating to the service's Sun Protection Policy.

Information and policy availability

◁ Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors.

◁ Sun protection information and resources are accessible and communicated regularly to families.

◁ All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the service

Review

◁ Management and staff regularly monitor and review how effectively they implement their sun protection policy.

◁ Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.

Roles and Responsibilities

| Role | Authority/Responsibility For |
|----------------------|--|
| Approved Provider | ◁ Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011. |
| Nominated Supervisor | ◁ Ensure sun protection information will be promoted to all staff, families and visitors. ◁ Provide support and advice to all staff with regard to implementation of the Sun Protection Policy. |

| | |
|----------------------------------|---|
| <p>Early Childhood Educators</p> | <ul style="list-style-type: none"> < Adhere to the strategies and practices of the Sun Protection Policy. < Educators and staff will act as role models and demonstrate SunSmart behaviour by: <ul style="list-style-type: none"> » Wearing a SunSmart hat (see Hats). » Wearing protective clothing, and sunglasses (optional) (see Clothing). » Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and every 2 hours after (see Sunscreen). » Using and promoting the use of shade. < Encouraging families and visitors to role model positive sun safe behaviours when at the service. < Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service. |
| <p>Families</p> | <ul style="list-style-type: none"> < Dressing their child in cool clothing that covers as much skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts. < Providing a sun protective hat that shades the face, neck and ears (e.g. wide brimmed, bucket or legionnaire style). < Provide permission for educators/staff to apply SPF 30 or higher broad spectrum, water resistant sunscreen supplied by the service to all exposed parts of my child's skin including their face, neck, ears and arms OR < Provide permission for educators/staff to apply SPF 30 or higher broad spectrum sunscreen (that I have supplied and labelled with my child/ children's name) to all exposed parts of my child's skin including their face, neck, ears and arms. I agree that this sunscreen will be kept at the service and it is my responsibility to make sure there is always an adequate supply available. < Practicing SunSmart behaviours themselves when at the service. |

Monitoring, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

RELATED GUIDELINES, STANDARDS, FRAMEWORKS

RELATED GUIDELINES, STANDARDS, FRAMEWORKS

- ◁ National Quality Standard, Quality Area 1: Educational Program and Practice – Standards 1.1, 1.2
- ◁ National Quality Standard, Quality Area 2: Children’s Health and Safety – Standards 2.1, 2.2
- ◁ National Quality Standard, Quality Area 3: Children’s Health and Safety – Standards 3.1, 3.2
- ◁ National Quality Standard, Quality Area 4: Staffing Arrangements – Standards 4.1, 4.2
- ◁ National Quality Standard, Quality Area 5: Relationships with Children – Standards 5.1, 5.2
- ◁ National Quality Standard, Quality Area 6: Collaborative Partnerships with Families and Communities – Standards 6.1, 6.2
- ◁ National Quality Standard, Quality Area 7: Governance and Leadership – Standards 7.1, 7.2
- ◁ Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- ◁ Safe Work Australia - Guide on exposure to solar ultraviolet radiation (UVR) 2013

RESOURCES/USEFUL LINKS

- ◁ National Asthma Council – www.nationalasthma.org.au
- ◁ Asthma Australia – www.asthmaaustralia.org.au
- ◁ Australasian Society of Clinical Immunology and Allergy – www.allergy.org.au
- ◁ Diabetes Australia – www.diabetesaustralia.com.au

SOURCES

- ◁ Australian Children’s Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
- ◁ NSW Cancer Council – www.cancercouncil.com.au
- ◁ Cancer Council Sample Early Education and Care Sun Protection Policy: www.sunsmartnsw.com.au/wp-content/uploads/2020/03/SunSmart-Early-Childcare-Policy.pdf

Ratified Date: 4/8/2020

Reviewed Date: 29/6/21