

Sun Protection Policy

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
113	Outdoor space natural environment
114	Outdoor space shade
186	Education and care service must have policies and procedures

NATIONAL QUALITY STANDARD (NQS)		
2.1	Health	Each child's wellbeing and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

LINKS TO OTHER POLICIES
Family Communication Policy
Hand Washing Policy
Health and Safety Policy
Supervision Policy
Clothing Policy
Physical Environment Policy
Enrolment Policy
Sleeping & Rest Requirement Policy
Work Health and Safety Policy
Infant Bottle Safety & Preparation Policy

BACKGROUND

Australia has one of the highest rates of skin cancer in the world. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants, toddlers, and young children are particularly vulnerable to UV damage. Given that children in early learning services attend during peak ultraviolet radiation (UVR) times, and spend time in the outdoor environment, the service has a major role in minimising the risk UVR exposure and installing positive SunSmart habits.

PURPOSE

The Service takes every reasonable precaution to protect children and staff from the harmful effects of exposure to the sun during operational hours.

The Sun Protection Policy is supportive of the Cancer Council's SunSmart recommendations for outdoor environments, clothing, sunscreen, scheduling of activities, and ongoing education for all children, staff, and families at the Service.

SCOPE

Children, parents, and employees, including full-time, part-time, permanent, fixed term and casual employees, as well as contractors, volunteers and people undertaking work experience or vocational placements.

STRATEGIES AND PRACTICES

Outdoor Activities:

Outdoor play and activities are promoted and encouraged, while being SunSmart. Sun protection measures are used for all outdoor activities held during the daily local sun protection times, when the **UV Index is 3 and above**. Outdoor play and activities will be arranged to minimise the UVR index when **8 or above**.

The Services will use a combination of sun protection measures **whenever UV Index levels reach 3 and above**.

Children play outdoors at the discretion of the educators who consider the weather, and are guided by routines, children's interests, and wellbeing.

Shade:

- sufficient natural, portable, or purpose-built shade will be provided in the outdoor areas.
- shaded areas will be maximised for play activities and experiences
- play experiences will be monitored throughout the day and moved as required to ensure adequate shading
- regular assessments and reflection will be completed of the outdoor area to support future planning for shade requirements
- children will still be required to wear sun safe hats, protective clothing, and sunscreen, even in the shaded areas
- children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area to play while they are protected from the sun.

Hats:

Educators, children, and visitors are always required to wear sun safe hats when they are outdoors. Cancer Council Australia describes sun safe hats as:

- Hats that protect a person's face, neck, and ears, which include:
 - ✓ a legionnaire hat – the flap should cover the neck.
 - ✓ a bucket hat with a deep crown and brim size of at least 5cm for children and at least 6cm for adults and must shade the face, neck, and ears.
 - ✓ a broad brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults, providing shade for the whole face.

- children without a sun safe hat will be asked to play in shaded areas or can be provided with a spare hat.

Clothing:

When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible.

- ✓ covers the shoulders, back and stomach.
- ✓ is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts, and trousers.
- ✓ clothing that contains full percentages and/or blends of heavyweight natural fibres like cotton, linen and hemp, or lightweight synthetics such as polyester, nylon, lycra, and polypropylene.

Children who are not wearing sun safe clothing can be provided with spare clothing or will be asked to play in shaded areas or can be provided with spare sun safe clothing.

Sunscreen:

- There is a sun safety station where children can apply sunscreen at the beginning of the day with the help of their parents and caregivers
- Staff and children will apply SPF50 broad-spectrum water-resistant sunscreen at least 20 minutes prior to going outdoors
- Due to the high UVR levels in Queensland, it is recommended to reapply sunscreen every 2 hours and after water play or excessive sweating
- To help develop independent skills ready for school, older children are encouraged and given opportunities to apply their own sunscreen under supervision of staff
- Sunscreen is stored in a cool, dry place and the use-by-date is checked.

Babies:

- Babies under the age of 12 months should be kept out of direct sunlight. However, when outdoors, a small amount of sunscreen is applied only to those exposed areas not already covered by clothing or hats
- Educators monitor fluid intake of babies and document it in each child's Communication Book
- If babies are kept out of the sun and protected from UVR by hats, clothing, and shade then sunscreen can be used sparingly on children's skin
- The widespread use of sunscreen on babies under six months old is not recommended.

Health and Safety:

Cancer Council Australia acknowledges if sun-safe habits are well role-modelled by the adults around them, children are more likely to develop the same sun-safe habits.

Water is available and offered to children throughout the day regardless of whether they are indoors or outdoors.

Educators and staff will be required to role model appropriate sun protection measures by:

- Wearing a correct sun safe hat
- Wearing correct sun safe clothing

- Applying SPF50+ broad-spectrum water-resistant sunscreen at least 20 minutes before going outdoors
- Using and endorsing shade
- Wearing sunglasses that meet the Australian Standard 1067 (optional)
- Families and visitors are encouraged to role model positive sun safe behaviour
- Monitoring the UV Index and Daily Sun Protection Times throughout the day
- Regularly monitoring and reviewing the effectiveness of the Sun Safety Policy.

Education and Information:

- The Sun Protection Policy is given and explained to parents during the enrolment process and their attention is specifically drawn to their responsibilities under this Policy
- Educators promote sun safety awareness in children by including it in daily routines and intentional teaching such as role-modeling, discussions, songs, stories, games, and SunSmart resources (for older children)
- The sun safety message is promoted and positively reinforced amongst families through notice boards, newsletters, educator-parent conversation and providing them with up-to-date SunSmart materials
- Sun protection information will be promoted to children, staff, families, and visitors
- Educators & staff are encouraged to complete Sun Safety Professional Development
- Further information is available from the Cancer Council website www.cancer.org.au/preventing-cancer/sun-protection/.

RESPONSIBILITIES TO PARENTS

- Permission to apply sunscreen is included in the service enrolment form.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to notify the Service in writing and provide an alternative sunscreen with their name clearly labelled
- Apply a SPF 50+ broad-spectrum water-resistant sunscreen to all exposed areas of their children's skin before or on arrival at the Service
- If parents supply their child with sunglasses that are wrap-around and/or are close fitting (that meet AS 1067-EPF 10 is best), educators will ensure children wear them during outdoor play
- To provide a SunSmart hat for their child, and to ensure the hat is clearly named and kept clean
- To dress their child in SunSmart clothing and include spare clothes in their bag
- To model and support positive SunSmart behaviour to the children when at the Service.

UV LEVEL RESOURCES

- smartphone SunSmart app available at iTunes App Store and Google Play store
- SunSmart widget on the Service's website available at www.cancer.org.au
- Bureau of Meteorology website www.bom.gov.au
- Visit www.myuv.com.au

POLICY REVIEW

The Service encourages staff and parents to be actively involved in the annual review of each of its policies and procedures. In addition, the Service will accommodate any new legislative changes as they occur, and any issues identified as part the commitment to quality improvement.

SOURCE

- Australian Children’s Education & Care Quality Authority. (2014).
- Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>
- Cancer Council. (2019). UV alert: <https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>
- Cancer Council. Home page: <https://www.cancer.org.au/>
- Cancer Council. Preventing cancer: Sun protections: <https://www.cancer.org.au/preventing-cancer/sun-protection/>
- *Children's Services Act 1996*
- Early Childhood Australia Code of Ethics. (2016).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
- Guide to the National Quality Standard. (2017).
- *Occupational Health and Safety Act 2004*
- Revised National Quality Standard. (2020).
- Childcare Centre Desktop. (2020).

REVIEW

POLICY REVIEWED		NEXT REVIEW DATE	May 2022
MODIFICATIONS			