

SUN PROTECTION POLICY

Australia has one of the highest rates of skin cancer in the world with two in three Australians developing some form of skin cancer before the age of 70. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health 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
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
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
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1.1	Fit for Purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child

EDUCATION AND CARE SERVICES NATIONAL LAW	
167	Protection from harm and hazards

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures
168 (2)(a)(ii)	Sun Protection

RELATED POLICIES

<p>Clothing Policy Enrolment Policy Excursion Policy Health and Safety Policy</p>	<p>Physical Environment Policy Supervision Policy Work Health and Safety Policy</p>
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PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun. To ensure the outdoor environment provides shade for children, educators and staff to minimise unsafe UV exposure.

SCOPE

This policy applies to children, families, staff, management, and visitors of the Service.

IMPLEMENTATION

Central Shoalhaven Mobile preschool will follow best practice guidelines to protect children, family members and educators from the damaging effects of sun exposure. Our service is a SunSmart service. Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to all staff, families and visitors.

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

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should 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. However, from 10am–2pm sun protection is required.
- 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 where possible. 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 include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

Educators and children are required to wear sun safe hats that protect their face, neck and ears. 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 provided with a spare hat.

Clothing

When outdoors, educators 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.

Sunscreen

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

Role Modelling

Educators 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 before going outdoors
- Using and promoting shade



- Wearing sunglasses that meet the Australian Standard 1067
- Families and visitors are encouraged to role model positive sun safe behaviour.

ADDITIONAL RESOURCES

Cancer Council's guidelines and website www.cancercouncil.com.au/sunsmart

SunSmart Info Line

Telephone: 02 9334 1761

sunsmartchildcare@nswcc.org.au

SOURCE

Community Child Care Cooperative (NSW)

National Health and Medical Research Council -www.nhmrc.gov.au

NSW Department of Health -www.health.nsw.gov.au

REVIEW

POLICY REVIEWED	MARCH 2022	NEXT REVIEW DATE	MARCH 2023
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