

# SUN PROTECTION POLICY

January 2020

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.

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

## Purpose

Our Service will work in compliance with the National SunSmart Program to ensure children's health and safety is maintained at all times whilst at the Service.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. Childcare services can contribute to reducing the lifetime risk of skin cancer for children by teaching good sun protection habits from an early age and implementing best-practice sun protection measures.

## Strategies

Sun protection is required when UV levels reach level 3 or above. Our Service will monitor the UV levels through one or more of the following methods:

- Using the smartphone SunSmart app available at iTunes App Store and Google Play store.
- Viewing the Cancer Council UV Index table available on their home page at <https://www.cancer.org.au/>
- Using the Cancer Council widget on the Service website available at <https://www.cancer.org.au/>
- Viewing the Bureau of meteorology UV Index tab available on their home page at <http://www.bom.gov.au/uv/>

## SunSmart App

Gidgilys educators will have access to the SunSmart App set to our area where we will be able to monitor the UV and the weather.

## Outdoor Activities

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 (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July sun protection is not required. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin.
- When the outdoor environment becomes too hot/humid and uncomfortable for the children and educators, children will be asked to play indoors where it is cooler.
- All sun protection measures will be considered when planning excursions and incursions.

## 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.

Shaded areas will be chosen by educators to set up play experiences and regular assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements.

Children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade.

## Hats

Staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- 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)
- Legionnaire styler - While this is also a good option as it covers the top of the head, neck and ears, it may not be as protective for the cheeks and lower face.

The hat should be made of tightly woven fabrics and should have no press studs, clips or Velcro that encourage the brim (front, back or sides) to be turned up.

**Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended for sun protection by the Cancer Council. 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.**

## Water

Children will always have access to water.

## Clothing

When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.

Clothes that provide best protection against UV radiation are:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.
- Garments made of closely woven fabric, which will not allow light to pass through
- Garments made natural fibres, such as cotton.
- Garments of a darker colour will block more UV radiation than the same garment in a lighter colour.
- Specially designed UV radiation blocking fabric, for example lycra.

Children who are not wearing sun safe clothing can be provided with spare clothing.

**Please note: Midriff, crop or singlet tops/dresses 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 monitored.
- If parents do not wish their child to wear sunscreen, they must provide this in writing.
- Parents can provide their own sunscreen should they not wish their child to use the sunscreen provided or in the case of allergies and sensitivities.
- Preschool and Starbugs children are encouraged to apply their own sunscreen, while being supervised to ensure application is done correctly.
- Gigglebugs and Ladybugs children will have their sunscreen applied by an educator using a makeup pad.
- If children are engaged in water play activities, sunscreen will be re-applied more regularly.
- Even when wearing a hat sunscreen should be worn as some UV radiation will be reflected off the surrounding environment surfaces onto the face.

### Babies

- Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside.
- They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum sunscreen may be applied to their exposed skin.
- Parents can provide baby sensitive sunscreen if they choose.

### Role Modelling

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.
- Wearing sunglasses that meet the Australian Standard1067 (optional).
- Families and visitors are encouraged to role model positive sun safe behaviour

## Education

Sun protection will be incorporated regularly into learning programs. Gidgilys will create an area in each classroom where children are able to put sunscreen on themselves or for the parents to assist them. Sunscreen will always be available to children

## Information

Sun protection information will be promoted to staff, families and visitors.

## Policy

The sun protection policy, updates and requirements 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.

## Definitions, Terms & Abbreviations

Term	Definition
UV	Ultraviolet

## Related Statutory Obligations & Considerations

### Australian Children's Education and Care Quality Authority (ACECQA)

<http://www.acecqa.gov.au>

### Children (Education and Care Services) National Law (NSW) No 104a

<https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full>

### Department of Education

<http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care>

### Early Years Learning Framework (EYLF)

[http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging\\_being\\_and\\_becoming\\_the\\_early\\_years\\_learning\\_framework\\_for\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf)

### Education and Care Services National Regulations

<http://www.legislation.nsw.gov.au/#/view/regulation/2011/653>

### Cancer Council

[https://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&ct=35#Policy availability](https://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&ct=35#Policy%20availability)

### National Quality Framework (NQF)

<http://acecqa.gov.au/national-quality-framework/>

### World Health Organisation

[http://www.who.int/uv/sun\\_protection/en/](http://www.who.int/uv/sun_protection/en/)

**Generation SunSmart**

<http://www.generationsunsmart.com.au>

**Related Telephone Numbers**

- Early Childhood Directorate – 1800-619-113
- NSW Health – (02) 9391-9000
- Cancer Council – 13-11-20

**Amendment History**

Date	Amendment	Short Description
18 <sup>th</sup> September 2018	Policy created	
18 <sup>th</sup> December 2018	Policy submitted to Cancer Council – Sun Smart for review	
13 <sup>th</sup> September 2019	App added to policy	- SunSmart developed a new application where it monitors the UV and weather for Jindabyne - Water is always accessible for children and educators.
31 <sup>st</sup> January 2020	Reviewed, edited & information added	- Additional information added - Formatting - NQS & Regulations Added

This policy will be updated to ensure compliance with all relevant legal requirements every year. Appropriate consultation of all stakeholders (including staff and families) will be conducted on a timely basis. In accordance with Regulation 172 of the *Education and Care Services National Regulation*, families of children enrolled will be notified at least 14 days and their input considered prior to any amendment of policies and procedures that have any impact on their children or family.

Date:	31 <sup>st</sup> January 2020
Version:	004
Last Amended By:	Natalie Payne
Next Review:	January 2021
Position:	Educational Leader

\* This policy has been approved by Cancer Council January 2018 \*