

SUN PROTECTION POLICY

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/>

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. All sun protection measures will be considered when planning excursions and incursions.
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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 should be conducted to monitor existing shade structures and assist in planning for additional shade.

Shaded areas will be chosen for 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:

- 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, 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. 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 monitored.
- Permission obtained 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
- Sunscreen safety check will be recorded

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 water resistant sunscreen may be applied to their exposed skin.

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. Montessori Works will create an area in the entrance of the service 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. Posters will be placed in the environment for families and children to see.

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)	
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
Education and Care Services National Regulations	http://www.legislation.nsw.gov.au/#/view/regulation/2011/653
National Quality Framework (NQF)	http://acecqa.gov.au/national-quality-framework/
World Health Organisation	http://www.who.int/uv/sun_protection/en/

Related Telephone Numbers

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

Amendment History

Version	Amendment	Date
002	Additional information added Formatting NQS & Regulations Added	October 2019

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: March 2020

Version: 002

Last Amended By: Susan Chahwan

Next Review: 2021

Position: Approved Provider

* This policy has been approved by Cancer Council *