

Tocumwal Pre-School

SECTION: 2 – Children’s Health and Safety

POLICY NO: 2.4.5

POLICY: Sun Protection

REVIEW DATE:

DATE OF APPROVAL:

Introduction

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun’s UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun’s UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. According to the Education and Care Services National Amended Regulations 2014, the approved provider of a centre-based service must ensure that outdoor spaces provided at the education and care service premises include shaded space that is of adequate size, and provides quality of shade that is suitable for the geographic location of the service.

Goals – What are we going to do?

This SunSmart policy provides guidelines to:

- Ensure all children, educators and staff have some UV exposure for vitamin D.
- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures.
- 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.

The curriculum and program incorporates sun safety awareness experiences. The centre community will follow best practice guidelines to protect children, family members, staff and visitors from the damaging effects of sun exposure.

National Quality Framework Quality Area 2: Children’s health and safety

Standard 2.1: Each child’s health is promoted.

Element 2.1.1: Each child’s health needs are supported.

Standard 2.3 Each child is protected

Element 2.3.2 Every reasonable precaution is taken to protect children from harm and hazard likely to cause injury.

National Quality Framework Quality Area 3 Physical environment.

Standard 3.1: The design and location of the premises is appropriate for the operation of a service.

Element 3.1.1: Outdoor and indoor spaces, buildings, furniture, equipment, facilities and resources are suitable for their purpose.

Strategies - How will it be done?

- Cancer Council recommends that when the UV Index is 3 or above, you should protect your skin in five ways:
 - Seek shade
 - Slip on clothing that covers your arms and legs

- Slap on 30+, broad-spectrum sunscreen
- Slap on a broad-brimmed, bucket or legionnaire hat
- Slide on wrap-around sunglasses.

Scheduling Outdoor Activities

- Educators and children are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free Sun-Smart app to assist with the implementation of this policy.
- **October – March:** Minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.
- **April- September:** Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am-2pm and whenever UV levels reach 3 and above, except in June and July w UV Alert widget onto your website, so you can stay up to date with the latest UV index rating in your area or state.
- The SunSmart UV alert widget is accessed on our website to stay up to date with the latest UV index rating in our area. Read more at <http://www.cancercouncil.com.au/26433/cancer-prevention/sun-protection/sunsmart-program-for-primary-schools-and-ohsc/sunsmart-information-and-news/add-the-uv-alert-widget-to-your-site/#QOQOa44hif2ScWZ6.99>

- All sun protection practices should be considered when planning excursions and all events held at the service.

Healthy Physical Environment

1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade. See http://www.cancerouncil.com.au/wp-content/uploads/2011/04/Guidelines_to_shade_WEB2.pdf
- The centre 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.
- The availability of shade is considered when planning all outdoor activities and excursions. 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.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are provided with a spare hat or asked to choose a shady play space or a suitable area protected from the sun.

Healthy Social environment

2. Slip on sun protective clothing

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. If a child is not wearing sun-safe clothing (e.g. a singlet top or shoestring dress) they will be required to choose a t-shirt/shirt to wear over the top before going outdoors.
- When outdoors all children, staff and visitors will wear sun-safe clothing that covers as much skin (especially the shoulders, back and stomach) as possible. This includes:
 - loose-fitting shirts and dresses with sleeves and collars or covered necklines,
 - and longer-style skirts, shorts and trousers.
 - Look for fabric that has a close, dense weave.
 - Hold the garment up to the light. The less light that passes through the fabric, the better protection it will provide.
 - Synthetics or mixed fabrics often have a tighter weave than natural fabrics however, some natural fabrics such as cotton, hemp and linen can also have a tight weave, and are lightweight and cool to wear.
 - Protection may be reduced if the fabric is stretched (i.e. a tight fit, or knitted or elasticised fabrics), wet or old and worn.
 - Midriff, crop or singlet tops are not sun-safe clothing.

- Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.

3. **Slap on a hat**

- Staff, educators and all children are required to wear hats that protect their face, neck and ears. Baseball or peak caps and visors are not considered sun-safe hats.
- Sun-safe hats include:
 - bucket hats with a deep crown and brim of at least 5cm (adults 6cm)
 - broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm)
 - legionnaire style hats.
- When choosing a hat for children, ensure that it fits correctly, and shorten the cord to reduce the risk of it catching during play or on equipment. Hats may be labelled with an Ultraviolet Protection Factor or UPF. The UPF is a scale developed to rate how much UV protection a fabric provides. A fabric with a UPF of 50 allows only one-fiftieth (or 2%) of UV radiation to pass through it and so offers excellent protection.

4. **Slop on sunscreen**

- Staff, educators and children are required to apply at least SPF30+ broad-spectrum water-resistant sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the service and/or families.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every TWO hours if outdoors.
- There will be a system to ensure sunscreen has been applied. Sunscreen is stored in a cool, dry place and the expiry date is monitored
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- To help develop independent skills ready for school, children from 3 years of age are given opportunities and encouraged to apply their own sunscreen under supervision of staff.
- Sun protection will be considered when excursions are being planned (See Section 2, Appendix 2, Excursion Risk Management Plan).

5. **Slide on sunglasses [if practical]**

- Where practical, children are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Sun protection and vitamin D are incorporated into the learning and development program.
- Staff and educators are required to act as role models and demonstrate sun-safe behaviour by:

- wearing a sun-safe hat, clothing and sunscreen, and using shade
 - wearing sunglasses (optional) that comply with the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4)
 - encouraging families and visitors to role model positive sun-safe behaviour when at the service.
- The Sun-Smart policy is reinforced through educator and children's activities and displays and communicated to staff, educators, families and visitors.
 - Resources are available from the SunSmart website at <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>
 - Generation SunSmart is an eLearning site developed for early childhood educators and staff. Modules around skin cancer, being SunSmart and sun protection strategies can be completed at own pace and revisited at any time. Complete all the modules to receive a Generation SunSmart certificate.
<http://www.generationsunsmart.com.au/>

Engaging children, educators, staff and families

- Educators, staff and families are provided with information on sun protection and vitamin D through family newsletters, service handbook, noticeboards and the service's website.
- When enrolling their child, families are:
 - Informed of the service's SunSmart policy

- Asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child
- Required to give permission for educators to apply sunscreen to their child
- Encouraged to practise SunSmart behaviours themselves when at the service
- Sun protection information is available to families. See information sheets available online at <http://www.cancercouncil.com.au/1972/reduce-risks/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/sunsmart-early-childhood-resources/?pp=37070&cc=8175&&ct=35>
- As part of WHS UV risk controls and role-modelling, when the UV is 3 and above educators, staff and visitors:
 - wear a suitable sun protective hat, covering clothing and, if practical, sunglasses when outside
 - apply sunscreen
 - seek shade whenever possible

Monitoring and review

- Management, educators and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three

years) by completing a policy review and membership renewal with Sun-Smart at sunsmart.com.au.

- Sun-Smart policy updates and requirements will be made available to educators, staff, families and visitors

Statutory Legislation & Considerations

- Work Health and Safety Act 2010
- National Quality Standard for Early Childhood Education and Care and School Age Care , Council of Australian Governments December 2011
- Education and Care Services National Amended Regulations 2014, Regulations 100, 113, 114 168 (2)(a)(ii)

Sources

- Early Years Learning Framework
- Guide to the National Quality Standards
- Community Child Care Co-operative Ltd. (NSW)
- The Cancer Council NSW www.cancercouncil.com.au/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/
- Cancer Council Victoria, Sun-Smart <http://www.sunsmart.com.au/communities/early-childhood-primary-schools>
- Cancer Council NSW (2013), Guidelines to Shade - A practical guide for shade development in New South Wales http://www.cancercouncil.com.au/wp-content/uploads/2011/04/Guidelines_to_shade_WEB2.pdf

To become a **Sun-Smart Centre** in NSW contact the Cancer Council (NSW) for a **Sun-Smart Application Pack**: Sun-Smart Info Line Ph: **(02) 9334 1731** For more information refer to: www.cancercouncil.com.au/sunsmart