

## Sun Protection Policy

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### Aim

To ensure that all children and staff are protected throughout the year from the harmful effects of ultraviolet radiation (UVR). The policy aims to promote sun safety and reduce exposure to UVR through a comprehensive approach considering sun protection behavior; organisation of activities; the services outdoor environment and education of children, staff and parents.

### NQS

QA2	2.3.2	Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.
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QA3	3.1.3	Outdoor and indoor spaces, buildings, furniture, equipment, facilities and resources are suitable for their purpose.
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QA7	7.3.5	Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly.
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### EYLF

LO1.2	Children feel safe, secure, and supported.
LO3.2	Children take increasing responsibility for their own health and physical wellbeing

### National Regulations

Regs	114	
	168	

### National Law

Section	167	Protection of children from harm and hazards
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### Rationale

Australia has the highest rate of skin cancer in the world. Research has indicated that young children have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. The preschool recognises the importance of minimising the child's exposure to UV during times when UV radiation levels are highest.

## RELATED POLICIES

Workplace, Health and Safety Policy

Excursion Policy

Child-safe Environment Policy

## Implementation

~ **Children will wear hats that protect the face, neck, ears and crown of the head for outdoor activities.**

- The Lower Macleay Preschool will provide and charge the parents for a bucket style sun hat. These will be labeled for each individual child and left at the Lower Macleay Preschool.
- Spare bucket-style hats will be available for children whose hat has been misplaced. The Lower Macleay Preschool will launder these at the end of the usage by the child.
- Staff will implement a “no hat / no play “procedure.

~ **Staff will wear hats that protect the face, neck, ears and crown of the head for outdoor activities.**

- Staff will provide for themselves a broad brimmed hat to wear in the outdoor area or staff can elect to wear a sun visor.
- Staff who have forgotten their hat and relief staff may obtain a spare hat from the office.

~ **Parents will be asked to dress their children in clothing that gives protection from the sun.**

- Parents will be advised through the Parent Handbook to dress their children in sun protection clothing where possible. For example, shirts and dresses with collars or high necks and sleeves, longer shorts or skirts and use of close weave fabric.
- Parent education on this issue will be undertaken using NSW Cancer Council Sunsmart newsletters.

~ **Staff will be advised to wear clothing that gives protection from the sun when outdoors.**

- Staff will be advised to wear shirts and dresses with collars or high necks and sleeves, trousers, longer shorts or skirts and made from closely woven fabric.
- Staff will use and promote shade.
- Staff will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.

~ **Parents will be encouraged to wear sun protective clothing and hats (broad brimmed, bucket or legionnaire style) when involved in service activities.**

- Parent education on this issue will be undertaken using NSW Cancer Council publications.
- ~ **SPF 30+, broad spectrum, water resistant sunscreen will be applied to all children before morning and afternoon outdoor play during the hot months of the year and in the morning during the cooler months.**
  - The Lower Macleay Preschool will provide SPF 30+ broad spectrum, water resistant sunscreen for use by staff and children.
  - Parents will be informed that sunscreen will be applied and permission for this will be sought on enrolment through parent signature. If permission to apply sunscreen is not given parents will be asked to provide sunscreen for their child.
  - If for some reason a child can not wear sunscreen as provided by the preschool then the parent will be advised to provide alternate sunscreen product.
  - Staff will ensure that sunscreen has been applied correctly to all children before morning outdoor play. Application of sunscreen twenty minutes before exposure to the sun is necessary for the sunscreen to be effective.
  - Sunscreen will be applied in the following manner:
    - In between application of each child the staff member will apply no-water-required hand cleanser, and then wipe off excess residue with a tissue, to avoid cross-contamination.
  - Sunscreen is stored in a cool, dry place and the use-by-date monitored.

### **Organisation of outdoor activities.**

- Play outdoor will be restricted between the hours of 10.30 am and 2.00 pm from the beginning of September until April. Sunscreen is reapplied in summer months before going out in the morning and again in the afternoon. Children are directed to play in shaded areas during the warmer months.
- Play outdoors will be in shaded areas as best as possible with staff modeling this and moving equipment as may be necessary to achieve this.
- Staff will consider sun protection when planning excursions to ensure maximum protection at all times.
- From April to September outdoor activity can take place at any time. However, from 10.00 am until 2.00 pm sun protection is required if the UV index is 3 or over.
- In June and July when the UV index is mostly below 3, sun protection is not required. Extra care is needed for all children who have very fair skin. The UV index will be checked daily and if it is 3 or over then sunscreen will be applied to children.
- 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. Shade options can include a combination of portable, natural and built shade.
- Adequate shade for outdoor play will be provided and maintained. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

## ~ Education.

- Sun protection awareness activities will be incorporated within the Lower Macleay Preschool's program.
- Sun safety messages will be displayed and reminders regarding sun care given.
- Sun protection information will be included in parent handbooks, enrolment forms, excursion notes and parent newsletters. The policy will be reviewed and included in the Parent's Policy book in the locker room.
- The Sun Protection Policy will be reviewed annually with the staff or sooner should current source material such as the NSW Cancer Council guidelines change.
- The Suncare and Protective Clothing policy will be reviewed every two years with the Cancer Council.

The actions outlined in this policy are taken from the recommendations of the NSW Cancer Council website.

## Sources

Education and Care Services National Regulations

National Quality Standard

Community Child Care Co-operative Ltd NSW

The Cancer Council NSW (2008) – SunSmart Childcare: A policy guide for service providers

The Cancer Council NSW – SunSmart Program for Childcare Services 2012

NSW Cancer Council NSW Health (2008) – Shade for child Care Centres

## Review

The policy will be reviewed annually.

The review will be conducted by:

Management

Employees

Families

Interested Parties

**Last reviewed: 12<sup>th</sup> May 2013**

**Date for next review: 12<sup>th</sup> May 2014**