



## 2.20 Sun Protection Policy

### QA 2: Children's Health and Safety

#### Policy:

This 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 whenever UV levels reach 3 and above.
- ~ 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 OHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Bellinghen Preschool will protect children from the dangerous and adverse effects of sun exposure.

#### Background:

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies 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. Early childhood Services play a major role in minimising a child's UV exposure as children attend at times when UV radiation levels are highest.

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 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 Sunsmart 2015.

#### Goals:

Our preschool will follow best practice guidelines to protect children, staff, families and visitors from the damaging effects of sun exposure. Our preschool will continue to be a *Sun Smart* service.

#### Practices:

Bellinghen preschool will;

##### Outdoor Activities

The service will use a combination of sun protection measures. This will include:

- Applying sunscreen before outdoor play
  - Activities, where possible will be set up in shaded areas
  - Children are required to wear appropriate clothing – e.g. covered shoulders
  - Hats to be worn by staff and children at all times
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- During summer terms, 1 and 4, the main Outdoor Activity session will be held on the children's arrival at preschool - 9.00 am - 10.30 am.

- From *April to September*, outdoor activity can take place at any time during the day, and sun protection measures will be taken
- Sun protection will be a specific consideration for excursions.
  - ~ Timing, sunscreen application/re-application and the use of shade will be considered.
  - ~ Parents will be informed of specific sun protection requirements, e.g. hat/ clothing.

#### Shade

- All activities will be planned to occur in shaded areas.
- **The service will provide and maintain adequate shade for outdoor activity.** Shade options will include a combination of natural and built shade. Priority will be given to areas where children play for extended periods, e.g. sand pit, water play, stage area, forest area, bike track.
- The preschool currently has shade provided by 3 shade sails, fixed roof over stage area, many trees and a veranda roof.
- As far as possible, staff will encourage and model play in shaded/covered areas with the children while outdoors.

#### Hats

- Children and educators are required to wear sun safe hats that protect the face, neck, ears and crown of the head for outdoor activities. Baseball caps and sun visors are not recommended.
  - ~ Bellingen Preschool will provide each child with a broad-brimmed bucket hat, to be kept at preschool.
  - ~ Parents will be charged for this hat in Term 1 fees
  - ~ Children will be given their hat on termination of enrolment
- Educators will provide their own hats that model sun smart ideals.

#### Clothing

- Educators will be provided with a sun safe uniform on commencement of employment.
- When outdoors children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
  - ~ Longer fitting shirts and dresses with sleeves and collars and covered neckline
  - ~ Longer style skirts, shorts and trousers
  - ~ Please note: midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.
- Parents will be advised on enrolment of the requirement to dress children in sun protective clothing.
- Spare clothing will be kept if children attend the service inadequately dressed and a reminder note concerning clothing requirements will be sent home that day.
- Families and visitors will be requested to wear appropriate clothing and hats when involved in service activities.

#### Sunscreen

- The service will provide SPF 30+, broad spectrum, sunscreen for use by staff and children.
- Sunscreen is stored in a cool, dry place and the use by date is monitored.
- Parents will be informed that sunscreen will be applied. Parents are informed of the brand and SPF.
- If for some reason a child cannot wear sunscreen, s/he will be required to cover up with a long sleeved top with a collar or high neck and long pants and wear an appropriate hat.
- On arrival, parents are required to ensure sunscreen has been applied correctly to their child before morning outdoor play.

- Sunscreen will be applied in a way that avoids cross infection e.g. children taught to apply sunscreen themselves.
- Staff will ensure re-application of sunscreen on the children after 2 hours or when returning outdoors.
- Staff will be expected to apply and reapply sunscreen to themselves before outdoor activities.

### Role Modelling

Educators will act as role models and demonstrate sun safety behaviour by:

- Wearing a sun safe hat (see Hats)
- Wearing sun safe clothing (see Clothing)
- Applying SPF30+ broad –spectrum sunscreen 20 minutes before going outdoors
- Using and promoting shade

### Education and Information

- **Sun protection will be incorporated regularly into learning programs.** Sun protection information will be promoted to all children, staff, families and visitors. Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)
- Posters will be displayed and literature will be available to families and visitors.
- Sun protection will be incorporated in enrolment information, excursion notes and parent newsletters.

### Relevant Legislation:

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations 2018: 168
- Occupational Health and Safety Act 2004 (NSW)
- Australian Standards for sun protection clothing, sun glasses and shade cloth

### Key Resources:

- The Cancer Council NSW: [www.cancercouncil.com.au](http://www.cancercouncil.com.au)
- National Health and Medical Research Council: [www.nhmrc.gov.au](http://www.nhmrc.gov.au)
- NSW Department of Health: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Related Guidelines, Standards, Frameworks

- 1.1 The educational program enhances each child's learning and development
- 2.1 Each child's health and physical activity is supported and promoted
- 2.2 Each child is protected
- 3.1 The design of the facilities is appropriate for the operation of a service
- 4.2.2 Professional practice interactions and relationships
- 6.1.3 Current information is available to families about the service and relevant community services and resources to support parenting and family well-being
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)

### Evaluation

The preschool demonstrates Sun Smart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is limited throughout the day.
- The curriculum and program incorporates sun safety awareness experience.

**Policy reviewed October 2015**

**Policy reviewed May 2016**

**Policy reviewed July 2018**

Date endorsed 18<sup>th</sup> July 2018 Date to be reviewed July 2021