



2.20 Sun Protection Policy

QA 2: Children's Health and Safety

Policy Statement

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia. Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, Early Childhood Education and Care Services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

In our region, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's homepage to determine sun protection requirements.

The Approved Provider of our service must ensure that outdoor spaces at the service premises include adequate shaded areas to protect children from overexposure to ultraviolet (UV) radiation from the sun (regulation 114). These spaces should meet the recommendations of relevant recognised authorities. Shade may be provided by large trees, heavy shade cloths and solid roofs (Guide to the NQF – Operational Requirements, Quality Area 3).

Bellinghen community Preschool views outdoor learning and connection to country through outdoor experiences as significant to children's growth and wellbeing. Outdoor learning plays a significant part of our curriculum design. We aim to maximise children's Outdoor learning whilst keeping children's safety at the forefront.

Bellinghen Community Preschool is committed to providing children with a safe environment that provides shade and other sun protection to support their learning and opportunities for play. This includes protecting children from exposure to surfaces heated by the sun. Additionally, we aim to increase children's awareness of the need for Sun Protection and support children to become independent in caring for their skin health.

This policy will support Bellinghen Preschool to meet the requirements of the Education and Care Services National Law, the Education and Care Services National Regulations and the National Quality Standard (NQS).

Practices

Design of Outdoor Experiences/ Spaces

- UV levels and daily sun protection will be considered to plan daily experiences, including excursions and community walks. Sunscreen application, hats and Excursion location will all be considered prior to excursions/walks. This is highlighted in our Excursion/Community Walks Risk Assessments.
- Educators will converse about the positioning and provision of resources and experiences within our outdoor classroom throughout the day. These decisions will be made to provide optimal Sun Protection for children and adults at all times of the day. For example, Bikes may be put away in the afternoons as required. Any resources NOT offered in the shade or that require children to move about amongst unshaded areas will be packed away, leaving only shaded experiences available.
- Our Outdoor Classroom offers a multitude of consistently shaded areas including the Sandpit, Swings, Pergola, Crash Mat Area, Art Table, Verandah, Rainforest/Creek Area (with Mister).
- Children will be generally encouraged to play in shaded areas.
- All outdoor classroom designs consider shading potential.

Daily Rhythm considerations

- Families, with the support of Educators will ensure that 50+SPF Sunscreen is applied at the beginning of each day. Educators will reapply Sunscreen every 2-3 hours. This includes application prior to outdoor learning following lunchtime/relaxation.
- Permission to apply sunscreen is included in the enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the children encouraged to play in the shade.
- Sun Safe attire is to be worn by children and educators. Shoulders must be covered. Educators will support children to wear Sun safe attire. Children without SunSmart clothing are encouraged to play in an area protected from the sun (eg. under shade or verandah) or are provided with spare clothing.
- Educators will place bikes and other items that will conduct heat in a shaded area when not in use. This might include Bikes, the slide, Sandpit items.
- Children and educators are to always wear their sunhats outdoors. Should children not be wearing a hat, educators will support them to relocate their hat or play on the verandah. Educators will support each other to follow hat wearing requirements at preschool. Spare hats are available for use.
- Sun protection awareness will be integrated in educational programming and planning. Morning Gatherings, Orientation and Excursion Safety planning will involve children in Sun Safe discussions and planning. This may include using the SunSmart App or other sites to highlight the need for sunscreen, hats and learning in shaded spaces.
- <http://www.bom.gov.au/uv/>
- <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/uv-index>

Shade

- All activities will be planned to occur in shaded areas.
- Shade options are provided, maintained, and promoted to the children
- Play-based learning is set up and moved throughout the day to take advantage of shade patterns
- Shade options can include a combination of portable, natural and built shade. Cancer Council encourages regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.

Clothing/Hats

Educators will be encouraged to wear sun safe clothing on commencement of employment. See below for guidelines:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline and shoulders.
- Longer style skirts, shorts, and trousers.
- **Midriff, crop, or singlet tops do not provide enough sun protection**
- When outdoors children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- Children without SunSmart clothing are encouraged to play in an area protected from the sun (eg. under shade, veranda or indoors) or are provided with spare clothing.
- Children and educators are required to wear SunSmart hats that protect the face, neck, ears
- Children are provided with a SunSmart Hat for minimal cost upon enrolment. Children not willing to wear a SunSmart hat are encouraged to play in an area protected from the sun.

Sun safety is everyone's responsibility. By being role models ourselves and leading way with our own sun safety, we can inspire our children to be SunSmart when they step outside.

Communication

- Our Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors.
- Sun protection information and resources are accessible and communicated regularly to families via our Newsletters, StoryPark Posts, Family Information Guide and daily dialogue with families.
- All parents/families are informed of the sun protection policy including appropriate hat, clothing, and sunscreen requirements on enrolling their children at Bellingen Community Preschool.

Key Resources

- The Cancer Council NSW: www.cancercouncil.com.au
- National Health and Medical Research Council: www.nhmrc.gov.au
- NSW Department of Health: www.health.nsw.gov.au
- ACECQA

Relevant Regulations

Section 167	Offence relating to protection of children from harm and hazards
100	Risk assessment must be conducted before excursion
113	Outdoor space – natural environment (centre-based services)
114	Outdoor space – shade (centre-based services)
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

National Quality Standards (NQS)

Quality Area 1: Educational Program and Practice		
1.1	Program	The Educational program enhances each child’s learning and development.
1.1.1		Curriculum decision making contributes to each child’s learning and development outcomes in relation to their identity, connection with community, wellbeing, confidence as learners and effectiveness as communicators.
1.1.3		All aspects of the program, including routines, are organised in ways that maximise opportunities for each child’s learning
1.2	Practice	Educators facilitate and extend each child’s learning and development.
1.2.2		Educators respond to children’s ideas and play and extend children’s learning through open-ended questions, interactions and feedback
1.2.3		Each child’s agency is promoted, enabling them to make choices and decisions that influence events and their world.

National Quality Standard

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		Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s need for sleep, rest and relaxation.
2.1.2		Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3		Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each Child is protected
2.2.1		At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Quality Area 3: Physical Environment		
3.1	Design	The design of the facilities is appropriate for the operations of a service
3.1.1		Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
3.2	Use	The service environment is inclusive, promotes competence and supports exploration and play-based learning.
3.2.1		Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments
3.2.1		At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Quality Area 5: Relationships with children		
5.2	Relationships between children	Each child is supported to build and maintain sensitive and responsive relationships
5.2.1	Collaborative Learning	Children are supported to collaborate, learn from and help each other.

Quality Area 6: Collaborative partnerships with families and communities		
6.1	Supportive relationships with families	Respectful relationships with families are developed and maintained and families are supported in their parenting role.
6.1.2		The expertise, culture, values and beliefs of families are respected, and families share in decision-making about their child's learning and wellbeing.
		Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.
6.2	Collaborative partnerships	Collaborative partnerships enhance children's inclusion, learning and wellbeing.

Quality Area 7: Governance and Leadership		
7.1		Governance supports the operations of a quality service.
7.1.2		Systems are in place to manage risk and enable the effective management and operation of a quality service

Review

POLICY REVIEWED	AUGUST 2021	NEXT REVIEW DATE	AUGUST 2024
MODIFICATIONS	<ul style="list-style-type: none"> Additions of Philosophical stance on Outdoor Play to Policy Statement. Additions of SPF Sunscreen to 50+ Updating of practices in response to WHS Safety discussions in team Meetings this year. Additions of Bom and SunSmart App Links. 		

Roles and Responsibilities

Role	Authority/Responsibility for
Approved Provider/Nominated Supervisor	<ul style="list-style-type: none"> • ensure that obligations under the Education and Care Services National Law and National Regulations are met • take reasonable steps to ensure that the nominated supervisor, educators and staff follow the policy and procedures • centre-based services: ensure adequate shading over areas for both active and passive outdoor play • ensure access to an adequate supply of in-date sunscreen for children, educators, and staff • ensure that copies of the policy and procedures are readily accessible to nominated supervisors, coordinators, educators, staff, volunteers and families, and available for inspection • notify families at least 14 days before changing the policy or procedures if the changes will: <ul style="list-style-type: none"> • affect the fees charged or the way they are collected or • significantly impact the service’s education and care of children or • significantly impact the family’s ability to utilise the service. • implement the Sun protection policy and procedures, ensuring all action plans that are in place are carried out • monitor the UVI daily, identify when and how any sun protection changes need to occur, and communicate this to educators and staff • promote sun safe practices with all children, families, educators, and staff within the service
Early Childhood Educators	<ul style="list-style-type: none"> • implement the Sun Protection policy and procedures • monitor the UVI daily and manage outdoor play and learning accordingly • monitor the impact of sun on play equipment and surfaces that children will be touching and using such as soft fall mats, artificial surfacing, etc. • role-model sun safe practices • communicate with families about sun safe practices in general and specific expectations within the service (e.g. wearing protective clothing).
Families	<ul style="list-style-type: none"> • be aware of and follow the service’s Sun protection policy and procedures • send children to the service in appropriate clothing that offers sun protection.