

Bella Grace Early Learning Centre

Background

Australia has the highest incidence of skin cancer in the world. Of all new incidents of cancer diagnosed in Australia each year, 80 per cent are skin cancers. Given that children in childcare attend during peak ultraviolet radiation (UVR) times and that they spend much of their day outdoors, childcare has a major role in minimising children's UVR exposure. Further, childcare provides the ideal opportunity to instil in children long-term positive Sun Smart habits.

Policy statement

The Service takes every reasonable precaution to protect children and staff from the harmful effects of exposure to the sun while they are at the Service or at any event organised by the Service.

The *Sun Protection Policy* is consistent with the Cancer Council's Sun Smart recommendations for outdoor environments, clothing, sunscreen, scheduling of activities, and ongoing education for the children, families and staff at the Service.

Strategies and practices

- The *Sun Protection Policy* is explained to parents when they enroll their child in the Service, and their attention is specifically drawn to their responsibilities under this Policy. The *Sun Protection Policy* is also included in the Parent Handbook given to all parents. QA 6.1.1, 7.3.5
- The sun safety message is promoted and positively reinforced amongst families through notice boards, newsletters, information nights, educator-parent meetings, the website and providing them with up-to-date Sun Smart materials. QA2.1.2
- Educators promote sun safety awareness in children by including it in daily routines and intentional teaching such as role-modeling, discussions, songs, stories, games, and Sun Smart resources. QA 2.3.2
- The Service's outdoor playground is adequately shaded. The built and natural shade features are continuously evaluated for effectiveness and, if required, additional shade structures are built and trees planted. QA 3.1.1
- Children play outdoors at the discretion of the educators who take into account the weather and are guided by the routines and children's interests. QA 2.3.2
- Before 10am and after 2pm, educators set up activities in the shade, wherever possible, and actively encourage children to play in the shade. At times when the weather becomes too hot, educators move play to protected and shady areas, such as verandahs, or inside. QA 2.3.2
- Between 10am and 2pm, planned outdoor activities and events are minimised, and take place only in the shade. QA 2.3.2

Sun Protection

- Wherever possible, excursions to outdoor areas occur before 10am and after 2pm. Refer to the *Service's Excursion Policy*. QA 2.3.2
- All staff model positive Sun Smart behaviour to the children by:
 - Wearing bucket styled hats and appropriate clothing for all outdoor activities
 - using SPF 30+ broad-spectrum, water resistant sunscreen
 - seeking shade whenever possible
 - wearing sunglasses that meet the Australian Standard (AS/NZS1067:2003). QA 2.1.4, 4.2.1
- The Service supplies 30+ broad-spectrum waterproof sunscreen for children and staff. The sunscreen is available in each room and in the outdoor play area. Parents are advised upon enrolment about the use and brand of sunscreen, and receive a reminder annually. Parents are required to notify the Service in writing if their child is allergic to sunscreen, and to supply an alternative clearly labeled with the child's name. QA 2.1.1, 2.3.2
- Educators ensure that all children wear a broad-brimmed hat, legionnaire style hat, or bucket hat that provides sun protection for the face, neck and ears when outside. QA 2.1.1
- Any child who has not brought an appropriate hat is expected to use one from the Service's set of spares kept for the purpose, or to play in the shade. If the spare hat and clothes supply is exhausted, the children without hats will be required to play in shaded areas. QA 2.1.1, 2.3.2
- Educators ensure children wear clothes with adequate protection from UVR when playing outdoors. Any child who does not have suitable clothing is expected to wear clothing from the Service's set of spares kept for the purpose, or to play in the shade. Also if the spare clothes supply is exhausted, the children without suitable clothing will be required to play indoors or in shaded areas. The Cancer Council recommends loose fitting clothes with collars and sleeves, closely woven natural fibre fabric, and of a dark colour. QA 2.1.1, 2.3.2
- Water is offered to children frequently throughout the day regardless of whether they are indoors or outdoors. QA 2.2.1
- Parents are asked to liberally apply a 30+ broad-spectrum water resistant sunscreen to all exposed areas of their children's skin before or on arrival at the Service. QA 2.1.1, 2.3.2
- Educators liberally apply broad spectrum sunscreen with an SPF of 30+ to all exposed areas of children's skin 15-20 minutes before the children go outside, and initial the Room Register to that effect. QA 2.1.1, 2.3.2
- Educators reapply sunscreen every two hours if children are outdoors for a prolonged period, or more frequently if the children are perspiring or involved with water play. Older children apply their own sunscreen under supervision. QA 2.1.1, 2.3.2
- If parents supply their child with sunglasses that are wrap-around and/or are close fitting (that meet AS 1067-EPF 10 is best), educators will ensure children wear them during outdoor play. QA 2.1.1, 2.3.2
- Educators are kept up-to-date with Sun Smart recommendations. QA 7.2.2

Additional safe resting practices for babies

Sun Protection

- Babies under the age of 12 months are kept out of direct sunlight as a matter of course. However, when outdoors, a small amount of sunscreen is applied only to those exposed areas not already covered by clothing or hats. QA 2.3.2

Responsibilities of parents

- To apply sunscreen to their child before arrival at the Service.
- To provide a Sun Smart hat for their child each time their child attends the Service, and to ensure the hat is clearly named and kept clean.
- To dress their child in Sun Smart clothing, including spares, each time the child attends the Service.
- To model positive Sun Smart behaviour to the children when at the Service.
- To notify the Service in writing if their child is allergic to sunscreen, and to supply an alternative sunscreen clearly labelled with the child's name.

Links to other policies

- Clothing Policy
- Educational Program Policy
- Enrolment and Orientation Policy
- Excursion Policy

Links Education and Care Services National Regulations 2011, National Quality Standard 2011

Regs	114	Outdoor shade
	168	Policies and procedures

QA	2.1.1	Each child's health needs are supported
	2.1.2	Each child's comfort is provided for and there are appropriate opportunities to meet each child;s need for sleep, rest and relaxation
	2.1.4	Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines
	2.2.1	Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child
	2.3.2	Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury
	3.1.1	Outdoor and indoor spaces, buildings, furniture, equipment, facilities and resources are suitable for their purpose
	4.2.1	Professional standards guide practice, interactions and relationships
	6.1.1	There is an effective enrolment and orientation process for families
	7.2.2	The performance of educators, co-ordinators and staff members is evaluated and individual development plans are in place to support performance improvement
	7.3.5	Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly

Sources

Sun Protection

- Cancer Council. (2015). *Sun Smart Early Childhood Policy Guidelines*. <https://www.cancersa.org.au/assets/images/SunSmart/SunSmart%20early%20childhood%20policy%20guidelines%202015.pdf> accessed 4 February 2016
- Education and Care Services National Regulations 2011.
- Guide to the National Quality Standard 2011.
- Shaw, M. (2011). *Keeping sun safe in child care*. <http://ncac.acecqa.gov.au/educator-resources/pcf-articles/KeepingSunSafeMar2011.pdf> accessed 4 February 2016

Further reading and useful websites

- Cancer Council Queensland – <https://cancerqld.org.au/> accessed 5 February 2016
- Queensland Government. *Sun safe Queensland workplaces: Sun safety at work*. http://www.sunsafety.qld.gov.au/documents/factsheet_workplaces.pdf accessed 5 February 2016
- Sun Safety Queensland. *Sun protection in Queensland early childhood services*. <http://www.sunsafety.qld.gov.au/documents/29602.pdf> accessed 5 February 2016

Policy review

Bella Grace Early Learning Centres encourage staff and parents to be actively involved in the annual review of each of its policies and procedures. In addition, the Service will accommodate any new legislative changes as they occur and any issues identified as part the Service's commitment to quality improvement. The Service consults with relevant recognised authorities as part of the annual review to ensure the policy contents are consistent with current research and contemporary views on best practice.

Date reviewed: March 2016

Next review date: March 2017