

# Sun Protection Policy

## BELLA GRACE EARLY LEARNING CENTRE

### Background

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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 SunSmart habits.

### Policy statement

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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 SunSmart recommendations for outdoor environments, clothing, sunscreen, scheduling of activities, and ongoing education for the children, families and staff at the Service.

### Strategies and practices

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- The *Sun Protection Policy* is explained to parents when they enrol their child in the Service and relevant information is also included in the Parent Handbook given to all parents.
- The sun safety message is promoted and positively reinforced amongst families through notice boards, newsletters, the website and providing them with up-to-date SunSmart materials.
- Educators promote sun safety awareness in children by including it in daily routines and intentional teaching such as role-modeling, discussions, songs, stories and games.
- 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.
- 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.
- Before 10am and after 3pm, educators set up activities in the shade, wherever possible, and actively encourage children to play in the shade. Planned outdoor activities are minimised during these times. At times when the weather becomes too hot, educators move play to protected and shady areas, such as verandahs, or inside.
- All staff model positive SunSmart 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

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- 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 of centre provided sunscreen. 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.
- Educators ensure that all children wear a broad-brimmed hat, legionnaire style hat, or bucket hat with a deep crown that provides sun protection for the face, neck and ears when outside.
- 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 indoors or in shaded areas.
- Parents are to dress their child in SunSmart clothing, including spares, each time the child attends the Service. 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, and closely woven natural fibre fabric.
- Water is offered to children frequently throughout the day regardless of whether they are indoors or outdoors.
- Parents are asked to liberally apply a 30+ broad-spectrum water-resistant sunscreen to all exposed areas of their children's skin on arrival at the Service.
- Educators liberally apply broad spectrum sunscreen with an SPF of 30+ to all exposed areas of children's skin 20 minutes before the children go outside on days when the UV rating is 3 or above. They record application on the Room Register.
- Educators reapply sunscreen every two hours if children are outdoors for a prolonged period. Older children apply their own sunscreen under supervision.
- If parents supply their child with sunglasses that are wrap-around and/or are close fitting (that meet AS 1067-EPF 10), educators will ensure children wear them during outdoor play.
- Educators are kept up-to-date with SunSmart recommendations.
- Following Cancer Council Australia guidelines, babies under the age of 12 months are kept out of direct sunlight as a matter of course. The widespread regular use of chemical sunscreens is not recommended for babies under 6 months, however, when outdoors in an unshaded area, a small amount of sunscreen is applied only to those exposed areas not already covered by clothing or hats.

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

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Regs	114	Outdoor shade
	168	Policies and procedures
QA	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
	2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
	3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
	4.2.2	Professional standards guide practice, interactions and relationships
	6.1.1	The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing
	7.2.3	Educators, co-ordinators and staff members' performance is regularly evaluated, and individual plans are in place to support learning and development

## Sources

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- 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 23 December 2017

## Further reading and useful websites

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- Cancer Council Australia – <http://www.cancer.org.au> accessed 23 December 2017
- Cancer Council South Australia. (2015). *SunSmart Early Childhood Policy Guidelines*. <https://www.cancersa.org.au/assets/images/SunSmart/PAP%20SS%20ECH%20policy%20guidelines%202016.pdf> accessed 23 December 2017
- Cancer Council Queensland – <https://cancerqld.org.au/> accessed 23 December 2017
- Queensland Health. (2017). Sun safety in Queensland. <https://www.health.qld.gov.au/public-health/industry-environment/environment-land-water/shade/sun/sun-safety> accessed 23 December 2017
- Cancer Council Queensland – National SunSmart Program. <https://cancerqld.org.au/cancer-prevention/programs-resources/national-sunsmart-program/> accessed 23 December 2017
- Sunsmart Victoria – <http://www.sunsmart.com.au> accessed 23 December 2017

# Sun Protection Policy

## Policy Review

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The Service encourages 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.

### REVIEW DETAILS:

Review Date	Details of Changes
January 2018	Updated to changed NQF requirements 1 Feb 2018
April 2018	Added – older children to apply own sunscreen under supervision.