



Sun Protection Policy

Relevant Legislation

Children (Education and Care Services National Law Application) Act 2010: section 167-Protection from harm and hazards

Education and care Services National Regulations 2011: Regulation 113,114 and 168.

National Quality Standard for Early Childhood Education Feb 2018: 2.2.1

Introduction

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. Childcare services can contribute to reducing the lifetime risk of skin cancer for children by teaching good sun protection habits from an early age and implementing best-practice sun protection measures.

This sun protection policy has been developed to protect all children and staff in childcare centres in NSW from the harmful effects of UV radiation from the sun and reduce their risk of developing skin cancer.

Tathra preschool has a duty of care which extends to ensuring that appropriate sun protection policies and practices are implemented to adequately protect children, educators/staff and visitors from ultraviolet radiation from the sun.

Policy Goals

At Tathra Preschool we will follow best practice guidelines to protect children, family members' educators and staff from the damaging effects of sun exposure.

Tathra Preschool Sun Protection Policy will be implemented in line with the 10 SunSmart recommendations

Strategies What will we do?

1. Scheduling outdoor activities

Outdoor activity times and sun protection practices to include:

- ≈ October - March: Minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.
- ≈ April – September: Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when UV Index is mostly below 3.
- ≈ All sun protection measures will be considered when planning excursions and incursions.

2. Shade

- ≈ 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.
- ≈ Tathra preschool will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade.
- ≈ Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

3. Hats

- ≈ Staff and children are required to wear sun-safe hats that protect their face, neck and ears.
- ≈ Recommended sun-safe hats include legionnaire, bucket hat with a deep crown and brim size of at least 5cm (adults 6cm), broad-brimmed hat with a brim size of at least 6cm (adults 7.5cm).
- ≈ Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.
- ≈ A spare hat will be provided for Children without a sun-safe hat.
- ≈ Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. verandah or indoors).

4. Clothing

- ≈ When outdoors, staff and children will wear sun-safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
 - Loose fitting shirts and dresses with sleeves and collars or covered neckline.
 - Longer style skirts, shorts and trousers.
- ≈ Children who are not wearing sun-safe clothing can be provided with spare clothing.
- ≈ Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

5. Sunscreen

- ≈ All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the expiry date monitored.

6. Babies

- ≈ Babies under 12 months should not be exposed to direct sunlight and are to remain in full shade when outside. They will wear sun-safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

7. Role Modelling

- ≈ Staff will act as role models and demonstrate sun-safe behaviour by:
 - Wearing a sun-safe hat, clothing, promoting shade and wearing sunglasses (optional) that comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).
- ≈ Families and visitors are encouraged to role model positive sun-safe behaviour when attending the centre.

8. Education and Information

- ≈ Sun protection will be incorporated regularly into learning programs and promoted to staff, families and visitors.
- ≈ Further information is available from Cancer Council NSW's website www.cancercouncil.com.au/sunsmart.

9. Policy Availability

- ≈ The sun protection policy, updates and requirements will be made available to staff, families and visitors.

10. Review

- ≈ Management and staff will regularly monitor and review the effectiveness of the sun protection policy. Tathra preschool sun protection policy will be updated and submitted to Cancer Council NSW every three years to maintain SunSmart status.

Evaluation

- Tathra Preschool is a registered Sun Smart Service.
- Educators and children wear suitable clothing and making use of the large amounts of shade provided in the outdoor playground.
- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The curriculum and learning experiences are provided to promote sun safety awareness.

Sources and References

Cancer Council NSW: www.cancercouncil.com.au/sunsmart

DEEWR (2009). Belonging Being and Becoming: The Early Years Learning Framework for Australia.: www.deewr.gov.au

DEEWR child Care Services Handbook 2011-2012. (Department of Education, Employment and Workplace Relations). Website: www.deewr.gov.au

Tathra Preschool Enrolment Handbook.

National health and medical Research Council www.nhmrc.gov.au

NSW Department of health-www.health.nsw.gov.au

Privacy Law. Access website www.privacy.gov.au/law

Updated

December 2017

Review Date

2020 or when procedure, practice or legislation changes.