



Sun Protection Policy

Quality Area 2: Children's Health and Safety

Policy Statement

Tathra Preschool is committed to providing an environment that ensures all children, educators and staff are protected from ultraviolet (UV) radiation for all outdoor activities. This includes to :

- 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 WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

This policy has been adapted from the Cancer Council Victoria sample SunSmart policy and procedures for early childhood. For further details visit

www.sunsmart.com.au/advice-for/schools-early-childhood

Background

The Education and Care Services National Regulations require policies and procedures to be in place in relation to sun protection.

The sun's UV can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer.

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Infants and toddlers

up to four years of age are particularly vulnerable to UV damage due to lower levels

of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk.

Policy Goals

This policy provides guidelines to support the 10 recommendations from the Cancer Council and to:

- 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 WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Strategies; How will it be done?

Outdoor Activity

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used whenever UV Index levels reach 3 and above. These measures include:

- **Slip** on clothing that covers as much skin as possible.

- **Slop** on sunscreen
- **Slap** on a hat
- **Seek** shade
- **Slide** on sunglasses where possible. When children are on excursions all sun protection practices are planned, organised, understood and available.

Shade

- All outdoor activities will be planned to occur in shaded areas.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- In consultation with the preschool's committee, shade provision is considered in future plans and upgrades.
- The program will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The 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 quality of shade.

Hats

- Educators, staff and children are required to wear SunSmart hats that protect their face, neck and ears. A SunSmart hat is:
 - » Legionnaire hat.
 - » 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 not considered a suitable alternative.*

- Children without a SunSmart hat will be asked to play in an area protected from the sun (e.g., under shade, veranda or indoors) or can be provided with a spare hat.

Clothing

- When outdoors, educators, staff and children will wear SunSmart 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 SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

Please note: *Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.*

Sunscreen

- All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and re-apply every 2 hours.
- Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- Permission to apply sunscreen is included in the preschool enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- All sunscreen is stored in a cool, dry place and the expiry dates monitored.

Education

- Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing and accessing daily UV levels.
- SunSmart App daily UV times are promoted to guide staff, parents and children's behaviour.
- Visitor, student and new employee inductions embed the transfer of information relating to the Tathra Preschool's Sun Protection Policy. Information and policy availability.
- 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.

- All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the preschool.

Information and policy availability

- 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.
- All parents/families are informed of the Sun Protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the preschool.

WH&S

As part of WH&S UV risk controls and role-modelling, educators, staff and visitors:

- wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses
- apply sunscreen and
- seek shade whenever possible.

Sun protection considerations and actions are included in risk assessments for excursions and excursion checklists.

Review

Management and staff regularly monitor and review how effectively they implement their Sun Protection policy.

Roles and Responsibilities

Approved Provider:

- Ensure the preschool operates in line with the Education and Care Services National Law and National Regulations 2011.
- Take reasonable steps to ensure that the nominated supervisor, educators and staff follow the sun protection policy and procedures.
- Ensure adequate shading over areas for both active and passive outdoor play.

- Ensure access to an adequate supply of sunscreen for children, educators and staff.
- Ensure staff dress code/uniform includes sun protective clothing and hats.
- Ensure that copies of the policy and procedures are readily accessible and available to nominated supervisors, coordinators, educators, staff, volunteers and families.
- Ensure families are aware of and agree to support the preschool's sun protection policy and procedures.

Nominated Supervisor:

- Ensure sun protection information will be promoted to all staff, families and visitors.
- Provide support and advice to all staff with regard to implementation of the Sun Protection Policy.
- Implement the sun protection policy and procedures as outlined in the document.
- Monitor the daily sun protection times for your location.
- Support the implementation of sun protection measures during the sun protection times.

Educators:

- Adhere to the strategies and practices of the Sun Protection Policy.
- Educators and staff will act as role models and demonstrate SunSmart behaviour by:
 - » Wearing a SunSmart hat (see Hats).
 - » Wearing protective clothing, and sunglasses (optional) (see Clothing).
 - » Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and every 2 hours after (see Sunscreen).
 - » Using and promoting the use of shade.
- Encouraging families and visitors to role model positive sun safe behaviours when at the preschool.

- Check the UV Alert on a daily basis at www.sunsmart.com.au or using the SunSmart App.
- Discuss sun protection with children and demonstrate a positive and proactive approach to the management of sun protection in the preschool.

Families:

- Dress their child in cool clothing that covers as much skin as possible e.g., tops that cover the shoulders, arms and chest, collared shirts, longer style shorts.
- Provide a sun protective hat that shades the face, neck and ears (e.g., wide brimmed, bucket or legionnaire style).
- Provide permission for educators/staff to apply SPF 30 or higher broad-spectrum, water-resistant sunscreen supplied by the preschool to all exposed parts of my child's skin including their face, neck, ears, arms and legs.

OR

- Provide permission for educators/staff to apply SPF 30 or higher broad-spectrum sunscreen (that I have supplied and labelled with my child/ children's name) to all exposed parts of my child's skin including their face, neck, ears, arms and legs. I agree that this sunscreen will be kept at the preschool, and it is my responsibility to make sure there is always an adequate supply available.
- Practice SunSmart behaviours themselves when at the preschool.

Monitor, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the preschool will review this Policy every 3 years. Cancer Council membership and registration as a Sun Smart Preschool will be used as a framework ensure compliance.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the preschool will ensure that families of children enrolled at the preschool are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the preschool; a family's ability to utilise the preschool; the fees charged or the way in which fees are collected.

Relevant Legislation

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations: Regulations 100, 113, 114, 168(2)(a)(ii)
- Model WHS laws, 2011

Guidelines, Standards and Frameworks

- National Quality Standard, Quality Area 1: Educational Program and Practice – Standards 1.1, 1.2 . National Quality Standard, Quality Area 2: Children's Health and Safety – Standards 2.1, 2.2
- National Quality Standard, Quality Area 3: Children's Health and Safety – Standards 3.1, 3.2
- National Quality Standard, Quality Area 4: Staffing Arrangements – Standards 4.1, 4.2
- National Quality Standard, Quality Area 5: Relationships with Children – Standards 5.1,5.2
- National Quality Standard, Quality Area 6: Collaborative Partnerships with Families and Communities – Standards 6.1, 6.2

- National Quality Standard, Quality Area 7: Governance and Leadership – Standards 7.1, 7.2
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia - Guide on exposure to solar ultraviolet radiation (UVR) 2013

Sources and References

- This policy has been adapted from the NSW Cancer Council Sun Protection Policy Sample. For further details visit www.sunsmart.com.au/advice-for/schools-early-childhood
- National Asthma Council – www.nationalasthma.org.au
- Asthma Australia – www.asthmaaustralia.org.au .
- Australasian Society of Clinical Immunology and Allergy – www.allergy.org.au
- Diabetes Australia – www.diabetesaustralia.com.au
- Cancer Council Australia - www.cancer.org.au

SOURCES

- Australian Children’s Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
- NSW Cancer Council – www.cancercouncil.com.au
- Cancer Council Sample Early Education and Care Sun Protection Policy: www.sunsmartnsw.com.au/wp-content/uploads/2020/03/SunSmart-Early-Childcare-Policy.pdf

Updated

April 2024

Review Date

2027 or when procedure, practice or legislation changes.