

POLICY

Sun Protection

Purpose

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.

Implementation

Strategies

Outdoor Activities

From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised.

Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.

- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July sun protection is not required. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin. All sun protection measures will be considered when planning excursions and incursions.

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

Hats

Staff and children are encouraged to wear sun safe hats that protect their face, neck and ears. A sun safe hat is encouraged:

- 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 therefore are not recommended. Children without a sun safe 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, 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.

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- 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.

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 use-by-date monitored.

Role Modelling

Staff will act as role models and demonstrate sun safe behaviour by: Wearing a sun safe hat (see Hats). Wearing sun safe clothing (see Clothing). Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors. Using and promoting shade. Wearing sunglasses that meet the Australian Standard 1067 (optional). Families and visitors are encouraged to role model positive sun safe behaviour

Education

Sun protection will be incorporated regularly into learning programs. Emanuel Woollahra Preschool will create an area in the entrance of the service where children are able to put sunscreen on themselves or for the parents to assist them. Sunscreen will always be available to children.

Information

Sun protection information will be promoted to staff, families and visitors through Orientation Handbook and inductions.

Definitions, Terms & Abbreviations

Term	Definition
UV	Ultraviolet

Source

Australian Children's Education and Care Quality Authority (ACECQA)

<http://www.cecqa.gov.au/>

Children (Education and Care Services) National Law (NSW) No 104a

<https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full>

Department of Education

<http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care>

Early Years Learning Framework (EYLF)

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http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf

Education and Care Services National Regulations

<http://www.legislation.nsw.gov.au/#/view/regulation/2011/653>

Cancer Council <https://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&ct=35#Policy> availability

National Quality Framework (NQF)

<http://acecqa.gov.au/national-quality-framework/>

World Health Organisation http://www.who.int/uv/sun_protection/en/

Related Telephone Numbers

- Early Childhood Directorate – 1800-619-113
- NSW Health – (02) 9391-9000
- Cancer Council – 13-11-20

Review

Date Reviewed: 28 August 19

Next Review Date: 28 August 20