

Sun Protection Policy

This policy applies to all centre events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- ensure all children and educators have some UV radiation exposure for vitamin D
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the centre's Sun Protection policy.

Legislation

This policy relates to the following National Law and Regulations:

- **Education and Care Services National Law Act 2010**
 - Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
 - Regulation 100 – Risk assessment must be conducted before excursion
 - Regulation 113 – Outdoor space–natural environment
 - Regulation 114 – Outdoor space–shade
 - Regulation 168 – Policies and procedures (2)(a)(ii)–sun protection.

National Quality Standards

All of the following procedures link to:

Quality area 2: Children's health and safety.

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Governance and leadership.

Procedures

Staff are encouraged to access the daily sun protection times on the SunSmart app, or at bom.gov.au/uv/index.shtml to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities during terms one, three and four (August - April) and whenever UV radiation levels reach 3 and above at other times.

Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

1. Clothing

Quality area 2: Children's health and safety

When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality area 2: Children's health and safety

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied at lunch time if remaining outdoors for an extended period.

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Quality area 2: Children's health and safety

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative. Hats must not have any cords or toggles that go around the neck.

4. Shade

Quality area 2: Children's health and safety / Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade in the outdoor area.
- We are working towards ensuring there is a sufficient number of shelters and trees providing shade in the outdoor areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- Children are encouraged to use available areas of shade when outside.
- Children are supplied with appropriate hats and outdoor clothing and are asked to play in the shade or a suitable area protected from the sun.

5. Sunglasses [optional]

Quality area 2: Children's health and safety

Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- Informed of the sites Sun Protection policy
- Asked to provide a suitable hat for their child or wear the preschool hat and apply sunscreen before arriving at preschool
- Required to give permission for educators to apply sunscreen to their child
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.

7. Staff WHS and role modelling

Quality area 5: Relationships with children

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- Wear sun protective hats and clothing when outside
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever Informed of the sites Sun Protection policy

8. Education

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

- Sun protection and vitamin D are incorporated into the learning and development program
- The Sun Protection policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the sites website.

9. Policy review

Quality area 7: Leadership and service management

Governing Council, families and educators monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

Date of next policy review: July 2021