



Sun Protection Policy

Aim

The service strives to ensure that children, educators and families are both protected and educated in relation to sun protection whilst at the service.

Strategies

CLOTHING

- The children and educators are encouraged and expected to wear a broad brimmed, bucket or legionnaire hat that provides protection for the face, ears and neck for all outdoor activities.
- If children attend with clothing that is not sun safe or will not wear a hat, they will be required to play in shaded areas and not in direct sunlight.
- It is encouraged that both educators and children wear sun safe clothing such as dresses or shirts with sleeves and covered necklines, longer style skirts and pants. Singlet tops, midriffs, backless shirts and shirts exposing the shoulders are not permitted to be worn at the service.

SUN PROTECTION

- Good quality shade can reduce overall exposure to the sun's UV. When combined with appropriate clothing, hats and sunscreen, children can be well protected from UV when outdoors.
- Between the months of October to March the centre will aim to minimise outdoor play between 11.00am and 3.00pm (day light saving time) for children aged 12 months or younger. All sun protection measures (wearing sun safe hats and clothing, applying sunscreen and using shade) will be implemented at all times when UV is above three (3).
- Between the months of April to September, it is safe to plan outdoor play throughout anytime of the day. This is also recommended and approved by the Cancer Council of NSW. Sun protection is still required between 10.00am to 2.00pm except in June and July when the UV index is mostly below three (3). (But our service will continue to implement sun safety practices).
- Educators will use the Sun Smart app on the iPads and iPods to ensure they keep track of UV levels to guide outdoor play times during the warmer months.
- Other forms of shade will be considered when planning outdoor play, including trees, verandas (especially for outdoor sleeping) and children wearing hats and sunscreen applied at regular intervals.
- Broad spectrum and water resistant sunscreen with a SPF of 30+ is provided by the Service, we encourage children with sensitive skin or allergies to bring their own sunscreen. Permission to apply sunscreen is provided in children's enrolment forms by the parents.
- Babies under 6 months old do not need sunscreen applied as their skin is too sensitive.



- Babies under 12 months old should not be exposed to direct sunlight.
- Sunscreen is to be applied 15-20 minutes before going outdoors.
- Sunscreen is to be applied every time children have outdoor play or every two (2) hours whichever is the lesser.
- Wide brim hats or legionnaire hats are to be worn by all children, educators, and visitors, students during outdoor play and on excursions.
- The service will communicate the sun safety practices, including sun smart clothing expectations to families at enrolment, parent meetings, policy review and through the newsletter on an annual basis.

SHADE

- The service's shade will aim to meet in accordance with the guidelines published by the New South Wales Cancer Council under the title The Shade Handbook published by the New South Wales Cancer Council 2008:
- Shade Structures should be designed to minimize reflected UV Radiation. Shade cloths need to provide at least 94% protection.
- Shade structures should be of a sufficient size to ensure people can move away from the edges
- The shade canopy should extend at least one (1) metre past the areas of use with vertical barriers built into the sides.
- Shade structures should allow adults to view and access children's play areas.
- A head clearance of about two (2) meters is recommended for shade structures.
- Fabric for the shade cloth is recommended to be dark, closely woven and heavy which will block the radiation for children.
- The Nominated Supervisor and Management will complete regular maintenance checks on the shade to ensure that the shade is continually compliant by requirements.
- The service's management will aim to progressively plan that there is adequate shade for children in the outdoor environment through verandas, trees and shade sails.

EDUCATORS AND FAMILIES

- Educators will be positive role models for children through implementing sun safety practices during work hours, through their room routines and programs.
- Educators incorporate sun safety and protection within educational programs for children to gain an understanding of the importance.
- Educators will be kept up to date with new information, best practice and resources.
- Parents will be encouraged to practice and implement sun safety practices during service events and whilst attending the service.
- The Nominated Supervisor will regularly communicate the sun safety message to families via the availability of this policy, via parent meetings, parent newsletters and information being made available through the service in the form of posters, pamphlets, visitor's etc.



- We encourage involvement by families in our educational program and see them as valuable partners in promoting the importance of sun protection.
- Families will be aware of and follow the service's Sun protection policy and procedures.
- Families will always send children to the service in appropriate clothing that offers sun protection, and apply sunscreen prior to coming to the service in the morning. Sunscreen is available at the service entry.
- For any excursions the educators will aim to ensure that they read the sun protection policy prior to the excursion to ensure that they meet all requirements whilst on the excursion.

Relevant Legislation

National Quality Standards, Education and Care Services National Regulations and Early Years Learning Framework

National Quality Standard

Standard 2.1 – Each child's health is promoted

Element 2.1.2

Standard 2.2 – Each child is protected

Element 2.2.2

Standard 7.1 - Governance supports the operation of a quality service.

Element 7.1.2

National Regulations

Part 4.1 Educational Program and Practice

Regulation 73 – Educational Program

Part 4.3 Physical Environment

Division 2 – Additional requirements for centre-based services

Regulation 113 – Outdoor space – natural environment

Regulation 114 – Outdoor space - shade

Early Years Learning Framework

Learning Outcome 1 – Children feel safe, secure and supported

Learning Outcome 2 – Children are connected with and contribute to their world

Learning Outcome 3 – Children become strong in their social and emotional wellbeing

Learning Outcome 4 – Children are confident and involved learners

Learning Outcome 5 – Children are effective communicators

United Nations Convention On The Rights Of The Child

Article 24 - Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy. Richer countries should help poorer countries achieve this.



Resources

- *Education and Care Services National Regulations October 2011*
- *Australian Children's Education & Care Quality Authority (ACECQA)* retrieved from: <https://www.acecqa.gov.au/sites/default/files/2021-08/SunProtectionGuidelines.pdf>
- *Belonging, Being & Becoming: The Early Years Framework for Australia* retrieved from : https://www.acecqa.gov.au/sites/default/files/2018-02/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf
- *National Quality Standard* retrieved from: <https://www.acecqa.gov.au/nqf/national-quality-standard>
- *United Nations Convention On The Rights Of The Child* retrieved from: <https://www.unicef.org.au/Upload/UNICEF/Media/Our%20work/childfriendlycr c.pdf>
- *Sun Smart* retrieved from: <https://www.sunsmart.com.au/>
- *Starting Blocks* retrieved from: <https://www.startingblocks.gov.au/other-resources/factsheets/sun-protection-at-child-care/>
- *Cancer Council* retrieved from: <https://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

Monitoring and Review

- Review the *Sun Protection Policy* every 3 years.
- Provide families with opportunities to contribute to the review of this policy.