



## QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

### **SUN PROTECTION POLICY**

<b><i>Philosophy:</i></b>	Protecting every child, employee and carer's skin against damage caused by ultra violet rays.
<b><i>Legislation:</i></b>	Education and Care Services National Regulation, 168,2 a, Education and Care Services National Law Act 2010 Occupational Safety & Health Act 2000 & Regulation.2001, Australian Standards for Sun protection clothing. Link to QA2, Standard 2.3
<b><i>Children's needs:</i></b>	Individual allergies, cultural differences, other special needs regarding sunscreen will be considered, but all children need to be protected adequately from the sun.
<b><i>Parent's needs:</i></b>	Their children will be protected and there will be no discrimination regarding any culture norms.
<b><i>Staff needs:</i></b>	Educating staff regarding appropriate clothing, application of sunscreen and hygiene considerations and role modeling.
<b><i>Management needs:</i></b>	To be informed in regards to requirements and legislation, to be assured that the service is meeting the requirements.

### **Rationale**

Australia has the highest incidence of skin cancer in the world and sun exposure during the first 15 years of life significantly increases the risk of developing skin cancer and melanoma later in life.

Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Early childhood services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest. Children's Services can play a vital role in the long-term prevention of skin cancer and in teaching healthy sun habits to young children, and are responsible for preventing and reducing the risks from excess sun exposure while children are in their care.(Cancer Council NSW) Current scientific and anecdotal evidence suggests that overexposure to ultraviolet (UV) radiation during childhood contributes to an increased risk to skin cancer throughout an individual's lifetime (*Cancer Council Australia,2005b*). Sun protection policies and procedures are a lifelong commitment to infants, young children and adults to reduce the incidents of skin cancer and eye damage (*Cancer Council Australia, 2005a*).

### **Goals**

Konomi Kindergarten in a Sun-Smart Centre and our policy is reviewed in conjunctions with the Cancer Council NSW. Follow best practice guidelines to protect children, staff, educators and family members from the damaging effect of sun exposure

### **Strategies for practice**

#### **Outdoor Activities**

Konomi Kindergarten will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. This will include:

1. From October to March sun protection is required at all times. Extra sun protection is needed between 11 am and 3pm and during this period outdoor activities will be minimized. Minimizing outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside. "Cancer Council Australia 2005"
2. From April to September (excluding June & July) outdoor activity can take place at any time. However, from 10am – to 2pm sun protection is required.
3. In June and July when the UV index is mostly below 3, sun protection is not required. Extra care is needed for all children who have fair skin. . "Cancer Council Australia 2005"
4. All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

## **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. Konomi Kindergarten 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.

## **Hats**

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe 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 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, educators, 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 "waste", 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 reapplied every 2 hours. Sunscreen is stored in a cool, dry place and the use-by-date is monitored.

## **Role Modelling**

Educators and 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). Staff to role model by wearing sunglasses when outside.
- ✓ Families and visitors are encouraged to role model positive sun safe behaviour.
- ✓

## **Education and Information**

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to all staff, families and visitors. Further information is available from the Cancer Council website.

[www.cancercouncil.com.au](http://www.cancercouncil.com.au);

## **Policy Availability**

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.

## **Review**

Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The centre's sun protection policy was emailed to the Cancer Council NSW for review and approval to ensure continued best practice. Refer to the Cancer Council's guidelines and website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) for further information.

## **Sources**

Konomi Kindergarten Sun-Smart policy and procedures is approved by Cancer Council NSW, each year we send a copy of our policy to Cancer Council for update.

The Cancer Council NSW: [www.cancercouncil.com.au](http://www.cancercouncil.com.au); Keeping Our Children Safe: SunSmart Policy and Information for Child Care Services (Sunsmart News NSW, winter 2007 issue 5);

Shade for Child Care Services; The Cancer Council NSW, 1999; A Guide to Implementing Best Practice in Sun Protection in Children's Services, NSW Department of Health 2003

National Health and Medical Research Council - [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

NSW Ministry of Health - [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Policy Review:

This policy will be reviewed annually using the Cancer Council NSW information, with staff, families and any other interested persons.

**Date policy last reviewed:**

**March 2015**

**Date for next review:**

**March 2016 /earlier when requirements changes**

