



COLLEGE COMMUNITY CHILD CARE CENTRE

Sun Protection Policy

RATIONALE & POLICY CONSIDERATIONS:

All children have the right to experience quality care in an environment which provides for their health and safety. The service has a duty of care which extends to ensuring that appropriate sun protection policies and practices are implemented to adequately protect children, educators/staff and visitors from damage caused by the sun. The Cancer Council advises that one out of two Australians will develop some form of skin cancer during their lifetime, with childhood sun exposure being an important risk factor.

The Education and Care Services National Law Act 2010 requires that nominated supervisor/coordinators take reasonable care to protect children from foreseeable risk of harm, injury and infection.

Employers and employees have a responsibility to reduce the risk of all types of injuries and risks to health in the workplace. Over exposure to the sun is one of these risks.

Philosophy

Documented approach to provision of a safe and healthy environment for children/families, educators/staff; approach to educator/staff professionalism and responsible conduct.

Legislation and Government Requirements

Federal and State Occupational Safety & Health Legislation.

Education and Care Services National Law Act 2012(WA)

Education and Care Services National Regulations

Children's needs

Individual allergies; cultural differences; and other special needs regarding sunscreen application and outdoor play environment (shade provision) to be taken into account i.e. babies special needs; as competent learners children are educated from an early age about the need for sun protection.

Families' needs

Their child will be protected from the harmful effects of the sun; their child will not be discriminated against regarding their cultural norms.

Educator/Staff needs

Education about sun protection strategies including: appropriate clothing (hats/ shoes); application of sunscreen; hygiene considerations; importance of role modelling sun-smart behaviours

Management needs

To be informed and educated in regard to requirements and legislation; to be up to date with current trends; to be assured that the service is meeting legislative requirements and providing best practice.

NATIONAL QUALITY FRAMEWORK

Education and Care Services National Law Act 2012(WA)

Education and Care Services National Regulations – Section 167; Reg 100; 113; 114; 116; 168; 169; 170; 171; 172

Early Years Learning Framework for Australia

POLICY STATEMENT:

College Community Child Care Centre aims to ensure that all children, employees and visitors attending the service are protected from skin damage caused by the harmful ultraviolet radiation (UVR) from the sun. The Cancer Council advises that damage to the skin begins with first exposure to sunlight, and builds up year after year, leading to premature ageing of the skin and increased risk of skin cancer developing. The service has therefore become a "Sun Smart Centre" within the Cancer Council program and promotes the importance of sun protection for young children in particular.

Occupational Safety and Health Legislation requires that as the employer, we ensure a safe workplace for our employees. It is therefore important that we, the employer ensure our staff understands that protection from UV Radiation is a serious health issue.

STRATEGIES FOR POLICY IMPLEMENTATION:

Hats

- The service will require children and employees to wear hats that protect the face, crown of the head, neck and ears whenever they are outside, i.e. legionnaire, bucket or broad brimmed style hats.
- Due to the risk of children becoming entangled in hat cords and choking, the service recommends that the cords are removed from hats.
- Parents will be asked to provide a hat – legionnaire, bucket or broad-brimmed - each day (year round) that is named and taken home daily.
- The service will have a store of hats that are washed after use to ensure hygiene standards are maintained for those children who forget their hat.
- Children who do not have a hat and/or refuse to use one provided by the service, will be encouraged to play in a shaded area or participate in alternative indoor experiences, where staffing allows.
- When children are required to wear cultural attire, the family will be encouraged to discuss with management how their child's sun safety will be best managed.

Sunglasses

- If sunglasses are worn when persons are outdoors, the service recommends that sunglasses meet the Australian Standards AS/NZS 1067:2003 with a category number 2 or 3.

Clothing

- The service recommends that children and staff wear loose fitting clothing that protect as much of the skin as possible for outdoor activities. Shirts that cover the shoulders and have sleeves that are at least elbow length, and longer style skirts and shorts are most suitable. Darker colours are recommended as they are less likely to reflect UV radiation on to the skin.
- The service will keep a supply of cotton shirts for children who are not suitably dressed.

Shade and UV Index

- Children will be encouraged to use available areas of shade for outdoor play activity. Planned outdoor play and activities will be set up in shady areas. Areas used for focused play i.e. sandpits, fixed play equipment, will be provided with shade throughout the year. Play areas for babies will be provided with shade all year round. Management will ensure there are a sufficient number of shelters and trees providing shade in the service grounds.
- Outdoor activities will be scheduled outside the UV Alert times whenever possible. The availability of shade will be considered when planning all outdoor activities. Portable shade structures may be used if the area does not have much natural or artificial shade. Children and educators/staff participating in such activities will be covered by the policy and broad brimmed or legionnaire style hats and protective clothing should be worn during all outdoor activities.
- Each day, the service will access the UV Index forecast as advised on the Sun smart app. If the UV index is moderate or above 3, appropriate sun protection measures will be undertaken by all educators/staff and children when outdoors.
- Outdoor **yard** play will not occur when the UV Index has reached 8 or above. Veranda play may be considered if verandas are sufficiently shaded at these times.
- We may allow brief periods of unrestricted outdoor play during intervals of fine weather on an otherwise cold or wet day, or at a time when some fresh air is needed for a few minutes. This should only happen if the UV index is below 3.

Maintaining hydration levels

- Water will be offered to children throughout the day regardless of indoor or outdoor play settings.
- Children are required to bring in water bottles from home and are encouraged to access water to drink throughout the day.
- Cooled boiled water may be offered to infants and young children after bottle feeds if children show signs of continued thirst.
- Educators will monitor and document the input/output of infant fluids.

Sun screen

- SPF 50+ broad spectrum water resistant sunscreen will be provided for educators/staff and children's use as necessary. Sunscreen will be applied liberally at least **20 minutes before going outside and not rubbed in**. It will be reapplied every two hours or more frequently if it is likely to have been washed or wiped off.
- Educators will apply sunscreen to infants and younger children (0-3 years) as appropriate. Older children (3-6 years) will be supervised, guided and educated through curriculum planning, in the correct way to apply sunscreen.
- College Community Child Care Centre supplies sunscreen. Should the sunscreen **we** supply, not be suitable for an individual child, **families will be asked to supply an alternative to be used only by their child**.

- To maintain hygiene awareness staff will use a tissue to apply sunscreen – 1 child/1tissue - thus ensuring germs are not transferred from one child’s skin to another. Gloves can also be used to apply sunscreen 1 glove/1 child.
- If a parent/guardian specifically requests that sunscreen not be applied to their child due perhaps to their cultural norms or a severe allergy, the service will decide in consultation with the family whether the child will be allowed to play outside. If the family wishes their child to play outside, **this can occur after discussion about appropriate clothing and the service will ensure a well shaded area for their play. To ensure our duty of care to the child, the service will alert the parent/guardian in writing of your recommendation that precautions against harmful UV rays should be taken.**
- Sun protective practices consider the special needs of infants. All babies under 12 months are kept out of direct sun when UV levels are 3 or higher. Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a baby’s skin. The widespread use of sunscreen on babies under 6 months old is not recommended. A patch test may be recommended to be undertaken by families, to ensure no allergy exists before sunscreen is applied.

Sun protection information and role modelling

- Employees, families and visitors to the service will act as role models by:
 - Wearing a Sun Smart hat and clothing outdoors.
 - Using SPF 50+ broad spectrum water resistant sunscreen for skin protection.
 - Using and promoting shade.
 - Looking after their skin and avoiding sunburn.
- Learning about skin and ways to protect skin from the sun will be incorporated into programmed activities.
- The Sun Protection Policy will be reinforced in a positive way through family newsletters, noticeboards and meetings, and **will be available in writing to families on request.**
- Educators/staff and families will be provided with educational material on sun protection.
- Management will keep themselves informed about current trends, recommendations and legislation that impacts on Sun Protection Policy by participating in industry networking groups, maintaining regular contact with relevant resource agencies, and providing opportunities for educators/staff to train in current practices.
- When enrolling their child, parents/guardians will be:
 - Informed of the Sun Protection Policy.
 - Asked to provide a suitable hat for their child’s use.
 - Asked to provide SPF 50+ broad spectrum water resistant sunscreen for their child’s use **if they do not wish to use the service supplied sunscreen.**
 - Required to give authority and directive for educators to administer sunscreen to their child.
 - Encouraged to practise sun protective behaviours themselves.

LINKS TO OTHER POLICIES

The following policies may be linked to this policy:

- Providing a child safe environment
- Enrolment and orientation
- Educator/staff dress code
- Health, hygiene and infection control
- Governance and Management
- Interactions with children
- Medication and Medical Conditions
- Occupational safety and health
- Partnerships and communication with families
- Supervision

PROCEDURES

The following policies may be linked to this policy:

- Bureau of Meteorology UV Indicator
- Enrolment Form
- Accident/Injury/Trauma Report Form
- Illness Report Form
- Occupational Safety & Health Handbook
- Understanding the UV Index

FURTHER SOURCES:

- **Cancer Council Western Australia – SunSmart Centres** – Retrieved 08/08/2022, from <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>
- **Sunsmart** – Retrieved 08/08/2022 from <https://www.sunsmart.com.au/>
- **National Health and Medical Research Council – Staying Healthy in Child Care – 5th Edition 2012**
- **Worksafe ACT – Links to national health and safety sites, and national worker’s compensation sites** – Retrieved 08/08/2022, from <https://www.worksafe.qld.gov.au/safety-and-prevention/hazards/hazardous-exposures/sun-safety-and-skin-cancer>
- **Bureau of Meteorology** – retrieved 08/08/2022 from <http://www.bom.gov.au/uv/index.shtml>

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