



Sun Protection Policy (CHS 3)

Policy Rationale

The SunSmart practices implemented by Cooks Hill can play a vital role in the long-term prevention of skin cancer through teaching healthy sun habits to young children. Educators are responsible for ensuring that children and educators have some exposure to UV for Vitamin D, whilst also preventing and reducing the risks from excess sun exposure whilst attending Preschool.

Cooks Hill Preschool Philosophy promotes our service as a **safe**, welcoming and happy place, where children are encouraged to **play, explore and learn**. We will support children to understand how and why they can SunSmart measures independently.

Strategies, Practices and Procedures

This policy provides guidelines to:

- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support duty of care and regulatory requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Cooks Hill Preschool Incorporated

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Cooks Hill Preschool has adopted the Cancer Council's NSW Sun Protection Policy. Their recommendations are outlined below;

Scheduling outdoor activities

- Outdoor activity times and sun protection practices to include;
- *October – March:* minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.
- *April – September:* outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when UV Index is mostly below 3.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.

Shade

- Planned outdoor activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The centre will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessment should be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

- Staff and children are required to wear sun-safe hats that protect their face, neck and ears. Recommended sun-safe hats include legionnaire, 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, or indoors) or can be provided with a spare hat.

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Clothing

- When outdoors, educators 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 necklines, and 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.*
- Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.

Sunscreen

- Families are required to place sunscreen on their children at the start of the preschool day. Sunscreen is available at the sign in area for families to use.
- All staff and children will then re-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 expiry date monitored.
- Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- *The World Health Organisation reports that people with naturally very dark brown or black skin (skin that rarely or never burns) may not be required to wear sunscreen as the melanin in their skin can often tolerate higher levels of UV radiation without burning. This is a decision for families to make. Hats remain necessary to protect the student's eyes from UV damage. With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.*

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Role Modelling

- Staff will act as role models and demonstrate sun-safe behaviour by:
- Wearing a sun-safe hat, clothing, promoting shade and wearing sunglasses (optional) that comply with Australian Standards AS1067 (Sunglasses: Category 2,3 or 4).
- Families and visitors are encouraged to role model positive sun-safe behaviour when attending the centre.

Education and Information

Sun protection will be incorporated regularly into learning programs and promoted to staff, families and visitors. Further information is available from Cancer Council NSW's website www.cancercouncil.com.au/sunsmart.

The Approved Provider and Nominated Supervisor will use best endeavours to;

- Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.
- Ensure children are adequately supervised, are not subject to inappropriate discipline, and are protected from harms and hazards.
- Ensure sun protection information will be promoted to all staff, families and visitors.
- Provide support and advice to all staff with regard to implementation of the Sun Protection Policy.

Early Childhood Educators will use best endeavours to;

- Adhere to the strategies and practices of the Sun Protection Policy.
- 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.
- Encouraging families and visitors to role model positive sun safe behaviours when at the service.
- Check the UV Alert on a daily basis during the summer months at www.sunsmart.com.au or using the Sun Smart App.

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Families will need to;

- Dress their child in cool clothing that covers as much skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts.
- To provide a sun protective hat that shades the face, neck and ears (e.g. wide brimmed, bucket or legionnaire style).
- Unless my child has naturally very dark brown or black skin, to give permission for educators/staff to apply SPF 30 or higher broad spectrum, water resistant sunscreen supplied by the service to all exposed parts of my child's skin including their face, neck, ears, arms and legs. OR
- To give permission for educators/staff to apply SPF 30 or higher broad spectrum sunscreen (that I have supplied and labelled with my child/ children's name) to all exposed parts of my child's skin including their face, neck, ears, arms and legs. I agree that this sunscreen will be kept at the service and it is my responsibility to make sure there is always an adequate supply available.
- Endeavour to practise Sun Smart behaviours themselves when at the service.

Policy Availability

The sun protection policy, updates and requirements will be made available to staff, families and visitors.

Review

- This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years. The centre's sun protection policy must be updated and submitted to Cancer Council NSW every two years to maintain SunSmart status.
- Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

Links to Legislation & National Quality Standards

- Education and Care Services National Regulations 2011: 100, 113, 114, 168(2)(a)(ii)
- Guide to the National Quality Standard ACECQA (2011): 1, 2, 5 & 6
Education and Care Services National Law Act 2010: Section 167
- Occupational Health and Safety Act 2004

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References

- SunSmart Program Cancer Council NSW.
- This policy has been adapted from the NSW Cancer Council Sun Protection Policy and CELA Sun Protection Policy

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