

Gumnut Kindergarten

Sun Protection Policy

Aim

This policy aims to ensure that everyone attending the Service is protected throughout the year from harmful ultraviolet (UV) radiation from the sun. This will be achieved by the promotion of SunSmart behavior, and by a comprehensive approach to reducing UV exposure.

Rationale

Exposure to UV radiation in childhood is a major risk factor for developing skin cancer later in life. The implementation of Sun Protection policy and practices by the Service can help protect staff, educators and children from UV radiation, and teach children good sun protection habits from an early age.

Legislative Requirements

Education and Care Services National Regulation 2011
Education and Care Services National Law Act 2010
National Quality Standards 2011
Work Health and Safety Act 2011
Work Health and Safety Regulations 2011

Who is affected by this policy

Staff
Children
Parents
Families
Management
Visitors
Students
Voluntary Workers

Practices

1. Scheduling Outdoor Activities
 - Quality Area 2: Children's health and safety.
 - a. From October to March, sun protection practices are required at all times. The Centre therefore, will schedule outdoor play before 11am and after 3pm (daylight saving time). If the need arises to be outdoors between 11am to 3pm, extra sun protection will be enforced.
 - b. From April to September, outdoor activity can be planned for any time of the day. Sun protection practices are required between 10am and 2pm, except in June and July when the UV Index is mostly below 3.
 - c. All sun protection measures will be considered when planning excursions and incursions.
2. Shade

– Quality Area 2: Children’s health and safety. Quality Area 3: Physical Environment.

- a. Outdoor play will be planned to occur in shaded areas, and moved throughout the day to take advantage of shade patterns.
- b. The outdoor play space must be adequately shaded, having regard to The Shade Handbook, published by the New South Wales Cancer Council in 2008.
- c. Shade options will include a combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures, and will assist in planning for additional shade if needed.
- d. When replacing shade, the centre will carry out a shade audit to maximize and effectively use shade products.

3. Hats

– Quality Area 2: Children’s health and safety

- a. Management, staff, educators and children are required to wear sun-safe hats that protect their face, neck and ears. Sun-safe hats include:
 - i. Bucket hats with a deep crown and brim six of at least 5cm (adults 6cm)
 - ii. Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm)
 - iii. Legionnaire style hats.
- b. Baseball caps and visors are not sun-safe hats.
- c. Children without a sun-safe hat will be required to play in an area protected from the sun (e.g. under shade, on a veranda or indoors), or will be provided with a spare hat.

3. Clothing

– Quality Area 2: Children’s health and safety

- a. Management, staff, educators and children are required to wear sun-safe clothing that covers as much of the skin (especially the shoulder, back and stomach) as possible. This includes wearing:
 - i. Loose fitting shirts and dresses with sleeves and collars or covered neckline
 - ii. Longer style shorts and trousers.
- b. Midriff, crop or singlet tops are not sun-safe clothing.
- c. Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, on a veranda or indoors), or will be provided with spare clothing.

4. Sunscreen

– Quality Area 2: Children’s health and safety

- a. SPF 30+ broad spectrum, water-resistant sunscreen is to be provided by parents for each child at the Centre. Sunscreen is to be applied by parents to all exposed areas of skin in the morning prior to arriving at the Centre, then reapplied by staff every two hours if outside. Sunscreen is to be stored in a cool, dry place, and the expiry date is monitored.
- b. Staff, Educators and children will apply sunscreen 20 minutes before going outside in the afternoon. Staff will help the children.
- c. Staff and Educators will check the UV index each day. When it is below 3, the use of sunscreen will not be required.
- d. Posters will be displayed to show correct application of sunscreen.
- e. Babies under 12 months not be exposed to direct sunlight and are to remain in full shade when outside. They are required to wear sun-safe hats and clothing, and small amounts of SPF30 + broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

5. Role Modeling

– Quality Area 5: Relationships with children

- a. Staff and educators are required to act as role models and demonstrate sun-safe behaviour by:
 - i. Wearing a sun-safe hat, clothing and sunscreen, and using shade;

- ii. Wearing sunglasses (optional) that comply with the Australian Standard 1067 (Sunglasses: Category 2,3 or 4);
- iii. Encouraging families and visitors to role model positive sun-safe behavior when at the Centre.
- iv. Babies under 12 months should not be exposed to direct sunlight and are to remain in full shade when outside. They are required to wear sun-safe hats and clothing, and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

6. Education and Information

– Quality Area 1; Educational program and practice. Quality Area 5: Relationships with children. Quality Area 6: Collaborative partnerships with families and communities.

- a. Sun safety will be incorporated into the program to help educate children and instill positive attitudes and practices.
- b. Information will be sent home to parents and families to help educate and encourage parents to adopt these practices. Further information is available from the Cancer council NSW website www.cancercouncil.com.au/sunsmart

7. Policy Availability

– Quality Area 6: Collaborative partnerships with families and communities. Quality Area 7: Leadership and service management.

- a. The sun safe policy will operate throughout the year. Updates and requirements will be made available to staff, educators, families and visitors.

Vitamin D Deficiency

Vitamin D deficiency may be an issue of concern to specific groups at the Centre. These groups may include:

- i. People with dark skin who naturally have more melanin (the pigment that turns skin brown after exposure to sunlight and reduces the amount of UV radiation getting through the skin);
- ii. People who cover their skin and head with clothing and veils for cultural or religious reasons (less skin is exposed to UV radiation).

Although most people will get enough Vitamin D exposure during their daily activities, there may still be a concern about appropriate levels. Staff should refer to the NSW Cancer Council for more information.

Sources

Education and Care Services National Regulation 2011
 Education and Care Services National Law Act 2010
 Guide to the National Quality Standard 2011
 Work Health and Safety Act 2011
 Work Health and Safety Regulations 2011
 National Health and Medical Research Council www.nhmrc.gov.au
 NSW department of Health www.health.nsw.gov.au
 The Cancer Council NSW www.cancercouncil.com.au

Review

Management, staff and educators will regularly monitor and review the effectiveness of the Sun Protection Policy. The Services Sun Protection Policy must be updated and submitted to the Cancer Council NSW every two years to maintain SunSmart status.

Reviewed: 18 April 2017

Date for next review: Management Meeting 4 2018

