



Sun Protection Policy

Aim:

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. 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.

This sun protection policy has been developed to protect all children and staff at Maryland Care & Early Education Centre from the harmful effects of ultraviolet (UV) radiation from the sun all year round.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, we play a significant role in reducing skin cancer risk.

Legislative requirements / Sources:
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Education and Care Services National Regulations (2011):

77	Health, hygiene and food handling practices
100	Risk assessments must be conducted before excursion
113	Outdoor space – natural environment
114	Outdoor space – shade
168	Education and care services must have policies and procedures
170	Policies and procedures are to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies and procedures

Children (Education and Care Services) National Law 2010:

167	Offence relation to protection of children from harm and hazard
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National Quality Standards (NQS):

QA1: Educational program and practice

1.1	Program	Educational program and practice
1.1.1	Approved learning framework	Curriculum decision-making contributes to each child's learning and development outcomes in relation to their identity, connection with community, wellbeing,

		confidence as learners and effectiveness as communicators
1.2	Practice	Educators facilitate and extend each child's learning and development
1.2.1	Intentional teaching	Educators are deliberate, purposeful, and thoughtful in their decisions and actions

QA2: Children's health and safety

2.1	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

QA3: Physical environment

3.1	Design	The design of the facilities is appropriate for the operation of a service
3.1.2	Upkeep	Premises, furniture and equipment are safe, clean and well maintained

QA7: Governance and management

7.1.	Governance	Governance supports the operation of the quality service
7.1.2	Management systems	Systems are in place to manage risk and enable effective management and operation of a quality service

Implementation:

Outdoor Activities

The centre will use a combination of sun protection measures at all times whilst engaging in outdoor experiences. We are aware that sun protection is of utmost importance when UV Index levels reach 3 and above.

Sun protection measures include:

- Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) o damage unprotected skin most months of the year
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements
- UV radiation exposure is considered as part of service risk management and assessment for all outdoor activities and events on and off site
- When children are on excursions all sun protection practices are planned, organised, understood and available

Shade

Most 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. At Maryland Care & Early Education Centre our outdoor play programs are designed to maximise both natural shade and artificial shade structures.

Maryland Care & Early Education Centre will provide and maintain adequate shade for outdoor play. Shade options include a combination of portable, natural and built shade. Regular shade assessments are conducted to monitor existing shade structures and assist in planning for additional shade.

Hats (also see Clothing policy & Staff Uniform policy)

Staff and children are required to wear SunSmart 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).

Staff without their own hat for the day will be provided with a spare hat. This hat will then be washed at the end of that Educators shift.

Baseball caps or visors do not provide enough sun protection and therefore are not to be worn

Children without a sun safe hat will be provided with a spare hat (spare hats are laundered daily) or asked to play in an area protected from the sun (e.g. under shade, veranda or indoors).

Clothing (also see Clothing policy & Staff Uniform policy)

When outdoors, 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.
- Sunglasses are also recommended by SunSmart for children and adults to protect eyes from UV radiation; however a broad brimmed hat can also substantially reduce the amount of UV radiation reaching children's eyes.

Children who are not wearing SunSmart clothing will be provided with spare clothing during outdoor play periods if available.

Midriff, crop, sleeveless, cap sleeves or singlet tops do not provide enough sun protection and therefore are not to be worn during outdoor play periods at any time of year.

Sunscreen

- Parents are encouraged to apply sunscreen on arrival and note the time of application on the day sheet. Staff will reapply sunscreen as required and record the time.

- Sunscreen is supplied by Maryland Care & Early Education Centre and is located in each classroom for children & staff.
- Permission to apply sunscreen is included in the services enrolment form. Where children have allergies or sensitivity to sunscreen, parents and carers are asked to provide an alternate sunscreen (this needs to be SPF50+ broad-spectrum and water resistant). This will be labelled with the child's name. For safety reasons this is to be given to a staff member and not left in their child's bag.
- A medication form will also need to be filled in by the parents and carers
- Where appropriate children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- All staff and children will apply SPF50+ broad-spectrum water-resistant sunscreen a minimum of 20 minutes before going outdoors and reapply every 2 hours (or as directed). Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. Babies under 6 months will wear sun safe hats and clothing. Babies between 6-12 months will wear sun safe hats; clothing and small amounts of SPF50+ broad-spectrum water-resistant baby sunscreen will be applied to their exposed skin.

Role Modelling

As part of WH&S UV risk controls and role modelling staff, families and visitors demonstrate SunSmart behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing and wearing sunglasses (optional)
- Applying SPF50+ broad-spectrum water-resistant sunscreen
- Promoting the use of shade
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service

Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire children to be SunSmart when they step outside.

Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Children understand why sun safety is important and learn how to take effective sun protection, including taking leadership roles in managing sun protection eg accessing daily UV levels and sun protection times, hat reminders and management of sunscreen
- Sun protection information will be promoted and available to staff, families and visitors.
- Further information is available from the SunSmart website.

Roles and Responsibilities:

The Approved Provider will:

- Ensure that obligations under the Education and Care Services National Law and Regulations are met
- Take reasonable steps to ensure that the Nominated Supervisor, educators and staff follow the sun protection policy
- Ensure dress code and uniform includes sun protective clothing and hats

The Nominated Supervisor will:

- Ensure sun protection information is promoted to all staff, children, families and visitors
- Provide support and advice to all staff with regard to implementation of the sun protection policy
- Implement the sun protection policy and procedures as outlined in this document

Educators will:

- Adhere to the sun protection policy
- Act as role models and demonstrate SunSmart behaviours

Families will:

- Dress their child in cool clothing that covers as much skin as possible
- Provide a sun protective hat that shades the face, neck and ears
- Provide permission for educators to apply sunscreen to all exposed parts of their child's skin including face, neck, legs, ear and arms

Review:

This policy is the intellectual property of Maryland Care & Early Education Centre and is created with consultation of staff and families attending the service. This policy is available in other languages upon request.

Reviewed: May 2024

Next Review: May 2026