



## Sunsafe

### Quality Area 2: Children's Health and Safety

#### Relevant Legislation

Children (Education and Care Services National Law Application) ACT 2010

Education and Care Services National Regulation 2011: 168

National Quality Standard for Early Childhood Education and Care: Element: 2.1.1, 2.1.2, 3.1.1

(See also SunSmart Program for Childcare Services – retrieved from the NSW Cancer Council website May 2013; UV and Sun protection services, retrieved from the Bureau of Meteorology website May 2013)

#### Aim / Rationale

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.

#### Policy Goals

The Pre-School will follow best practice guidelines to protect children, family members educators and staff from the damaging effects of sun exposure.

Our Pre-School will be a registered SunSmart service

## Strategies: What will we do?

### 1. Outdoor Activities

The Pre-School will use a combination of sun protection measures whenever **UV Index levels reach 3** and above this will include:

- ✧ From October to March sun protection is always required. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- ✧ From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- ✧ In June and July when the UV index is mostly below 3, sun protection is not required.
- ✧ All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.

### 2. 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.
- ✧ The Pre-School will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

### 3. Hats

- ✧ Educators, staff and children are required to wear sun safe hats that protect their face, neck, and ears throughout the year. 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 (eg. under shade, veranda or indoors) or can be provided with a spare hat.

#### **4. 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 that meets the suggested sun safe clothing requirements.
- ✧ Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

#### **5. Sunscreen**

- ✧ All staff and children will 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 use-by-date is monitored. The Sunscreen should show that it meets AS/NZS 2604:1998 and have an AUSTL number.

#### **6. Babies**

- ✧ If siblings are attending Pre-School incursions, excursions or community activities at the Pre-School, parents and carers will be encouraged to keep young children who may be exposed to direct sunlight to remain in dense shade when outside. They will be encouraged to wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

#### **7. 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)
- ✧ Families and visitors are encouraged to role model positive sun safe behaviour.

#### **8. Education and Information**

- ✧ Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to staff, families and visitors. Further information is available from the Cancer Council website [www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart)

#### **9. Review**

- ✧ Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The Pre-School's sun protection policy must be submitted every two years to the Cancer Council for review 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.

## Evaluation

- ✧ Yass Montessori Pre-School is a registered Sun Smart Service.
- ✧ Educators and children wear suitable clothing and making use of the large amounts of shade provided in the outdoor playground.
- ✧ Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- ✧ The curriculum and learning experiences are provided to promote sun safety awareness.

## Sources and References

Cancer Council NSW: [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)

DEEWR (2009). *Belonging Being and Becoming: The Early Years Learning Framework for Australia.*: [www.deewr.gov.au](http://www.deewr.gov.au)

DEEWR child Care Services Handbook 2011-2012. (Department of Education, Employment and Workplace Relations). Website: [www.deewr.gov.au](http://www.deewr.gov.au)

Family Handbook

National health and medical Research Council [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

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

Privacy Law. Access website [www.privacy.gov.au/law](http://www.privacy.gov.au/law)

| Policy Reviewed | Modifications | Next Review Date |
|-----------------|---------------|------------------|
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