



Peterborough Community Preschool and Rural Care Services

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Sun Protection Policy

Philosophy:

- *Provide a fun, friendly, caring, safe place.
- *We work together on learning for children, staff, families and the community.
- *Provide a play based program using the Early Years Learning Framework and My Time Our Place Framework.
- *Encourage family and community involvement to provide a quality centre by working as a team.
- *Provide an inclusive and engaging environment.

This policy applies to all centre events on and off site.

Rationale:

A balance of ultra violet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible skin protection when the UV index level is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the centre's Sun Protection policy.

Legislation

This policy relates to the following National Law and Regulations:

- Education and Care Services National Law Act 2010
- Section 167 – Protection from harm and hazards
- Education and Care Services National Regulations 2011
- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment

- Regulation 114 – Outdoor space–shade
- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedures to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.
- Work Health and Safety Act 2012

National Quality Standards

All of the following SunSmart procedures link to:

- Quality area 2: Children's health and safety.

There are also links to:

- Quality area 1: Educational program and practice
- Quality area 3: Physical environment
- Quality area 5: Relationships with children
- Quality area 6: Collaborative partnerships with families and communities
- Quality area 7: Governance and leadership.

Procedures

We use a combination of sun protection measures for all outdoor activities during terms one, three and four and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Staff will access the app throughout the day to monitor UV levels. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

1. Clothing

Quality area 2: Children's health and safety

When outside, children and staff are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they will wear a t-shirt/shirt over the top before going outdoors. Staff will be encouraged to role model these practices.

2. Sunscreen

Quality area 2: Children's health and safety

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use. We encourage families to apply sunscreen to their child before coming to the centre or immediately on arrival. Sunscreen will be provided and can be found in the Sunscreen Station trolley.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or Paediatrician.

Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Quality area 2: Children's health and safety

All children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket style hats. Baseball or peak caps are not considered a suitable alternative.

Children and staff are welcome to wear beanies in the cooler weather when the UV rating is 3 and under.

4. Shade

Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

5. Sunglasses

Quality area 2: Children's health and safety

Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Babies

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Quality area 2: Children's health and safety

Our SunSmart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.

Infants will be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.

7. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- informed of the centre's Sun Protection policy
- asked to provide a suitable hat for their child
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child if they require specific brands for skin types.
- required to give permission for staff to apply sunscreen to their child
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when participating in or attending outdoor activities with the centre.

8. Staff WHS and role modelling

Quality area 5: Relationships with children

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

9. Education

Quality area 1: Educational program and practice

- Sun protection is incorporated into the learning and development program.

Quality area 5: Relationships with children

- The Sun Protection policy is reinforced through staff and children's activities and displays. Educators will encourage discussions with children around reasoning for application of sunscreen and asking permission to apply.

Quality area 6: Collaborative partnerships with families and communities

- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the services's website.

10. Policy review

Quality area 7: Governance and leadership

Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

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Peterborough Community Preschool and Rural Care Services Governing Council Chairperson 2020

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Adapted from Sunsmart

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