

Warradale Community Children's Centre acknowledges the traditional custodians of the land we live on today and we pay our respects to the Aboriginal and Torrens Strait Islander People past, present and emerging.



## Sun Protection Policy

*Australia has one of the highest rates of skin cancer in the world. Young children and babies are particularly at risk of skin damage from sunburn due to their sensitive and thin skin. The risk of developing skin cancer later in life is also increased when there is high exposure to UV radiation levels in the first fifteen years of life (Cancer Council Australia).*

### NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
2.2	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
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1.1	Fit for Purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child

EDUCATION AND CARE SERVICES NATIONAL LAW	
167	Protection from harm and hazards

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EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures
168 (2)(a)(ii)	Sun Protection

**Aim:**

To promote positive attitudes towards sun protection and encourage healthy lifestyle practices which can help reduce the incidence of skin cancer. This will include the provision of sufficient shade or work towards increasing the number of trees and shade structures so as to provide adequate sun protected areas at the centre.

**Implementation:**

**Leadership will:**

- Develop and review this policy and ensure it is accessible to staff, students and families.
- Review the policy annually to ensure the content remains current and relevant.
- Promote this policy especially during times of year where the UV rating is highest (September 1st to 30th April) and any day where the UV rating is 3 or over.
- Consider not implementing sun protection practices when the UV is below 3 (removing hats and not applying sunscreen), so as to achieve enough sun exposure to maintain adequate levels of vitamin D, vital for the development and maintenance of strong, healthy bones.

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### **Team Leaders will:**

- Ensure this policy is understood by team members and implemented in the rooms.
  - Ensure all children, educators, students and volunteers wear hats that cover their ears and neck while outside. Suitable hats include broad brimmed, legionnaire or bucket hats with a minimum of 5cm brim for children under 5 years old when the UV rating 3 and above.
  - Check the UV index daily on the Bureau of Meteorology website ([www.bom.gov.au/sa/uv/](http://www.bom.gov.au/sa/uv/)) and indicate on the chart outside the office as well as writing times in the Communication book.
  - Ensure sunscreen is stored in a cool, dry place and the use by date is monitored.
  - Ensure sun protection is included in any excursion risk assessment.
  - Know children who have allergies and preferences of sunscreen.
  - Communicate to educators about children's allergies and preferences of sunscreen.

### **Educators will:**

- Wear their hats while outside and ensure children do the same. Children not wearing an appropriate hat will be expected to play in the shade.
  - Set up learning experiences indoor and under shade wherever possible.
  - Offer indoor and outdoor play at every opportunity.
- Act as role models by practising Sun Smart behaviour including wearing clothing that covers their shoulders and has longer sleeves and to have discussion with children about why we wear hats, sun cream, protective clothing and sunglasses.
- Use discretion when determining outside play during peak UV radiation times (e.g. often between the hours of 10am- 2pm).
  - Ask families to provide clothing that covers the upper body and shoulders for outside play (e.g. tops with collars and longer sleeves and longer-style shorts/skirts). If clothing does not cover a reasonable area, spare clothes will be provided by the Centre while the child is exposed to sunlight.
  - Ask families to ensure children wear supportive, sun protective shoes (i.e. not thongs or crocs).
  - Ensure babies under the age of 12 months will be kept out of direct sunlight as much as possible and always protected by shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing. Babies under 6 months

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should only have sunscreen applied if there is no way of avoiding direct sunlight, otherwise they will be covered by appropriate clothing and hats and be kept in the shade. Children over 12 months can have sunscreen applied liberally but again should be protected by clothing, hats and kept in the shade as much as possible.

- Apply SPF 30+ (Minimum) broad-spectrum, water-resistant sunscreen to clean dry skin 15-20 minutes before going outside and reapply every 2 hours if outdoors for extended periods of time or during water activities. Educators will encourage older children to apply their own sunscreen with supervision.
- Provide information in newsletters and displays about being Sun Smart and promote families to be active participants by having sunscreen accessible for them to apply before morning and/or afternoon sessions.
- Include sun smart as part of the curriculum and utilise everyday opportunities as teachable moments in promoting sun smart practices.
- Obtain permission to apply sunscreen at the enrolment process.
- Ask families to provide their own sunscreen if the child has sensitive skin or skin allergies and ensure the correct paperwork is returned prior to use. Usual procedure is to be followed in regard to displaying pictures of the children in the room and storing personal sunscreen (see Dealing with Medical Conditions Policy).

#### **Families will:**

- Ensure their child is wearing suitable clothing to care including shirts that cover their shoulders and longer sleeves and longer-style shorts/skirts and supply a broad brimmed hat.
- Apply sunscreen to their child before or upon arriving at the Centre. If they do not apply sunscreen at arrival, they must inform educators.
- Provide sunscreen for their child if they require a different type to the one offered by the Centre.
- Embed their own SunSmart behaviours when visiting the centre for an event or family event.

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### Evaluation:

This policy is viewed to be working effectively when:

- The Centre, educators and children are implementing Sun Smart policy and the UV index is displayed daily.
- All children attending the Centre and educators ensure they wear them when accessing outdoor play spaces when the UV radiation levels are 3 and above.

### Sources

Centre Support Policies, KAZ Early Learning Centre, Forbes Children's Centre, & Cancer Council SA  
Sample Sun Protection Policy

### Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Next Review Date
1.0	19/9/17	Policy developed	Trish Cook	September 2019
1.1	30/3/2020	No changes made	Trish Cook	September 2020
1.2	16/3/2021	Updated Policy	Dian Faranda-Pluke Lori Hart	March 2022

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1.3	24/7/23	<p>Acknowledgement on top and regulations.</p> <p>Cancer council facts on top.</p> <p>Minor adjustments to improving families and educators commitment to sun safety</p>	Michelle and Pamela	24/7/2024
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