

Sun Protection Policy

Preschool



Introduction	<p>We are committed to providing an environment that ensures all children, educators and staff are protected from ultraviolet (UV) radiation for all outdoor activities.</p> <p>This includes:</p> <ul style="list-style-type: none"> • Ensuring all children, educators and staff are well protected from high UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above. • Ensuring the outdoor environment is sun safe and provides shade for children, educators and staff. • Ensuring children are encouraged and supported to develop independent sun protection skills. • Supporting duty of care and regulatory requirements. • Supporting appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.
Eligibility	<p>This Policy applies to all staff employed by Learning Links. The term staff also applies to students, trainees and volunteers.</p>
Definitions	<p>The sun's UV can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are indicated as being at level three (3) or higher. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer.</p> <p>Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin).</p> <p>UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk.</p> <p><u>Ultraviolet (UV) Radiation</u> Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. The sun's UV radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage.</p> <p><u>Vitamin D</u> The sun's UV radiation is the best natural source for vitamin D. Vitamin D is a hormone that controls calcium levels in the blood. It is needed for strong bones, muscles and overall health.</p> <p><u>The UV Index</u> The World Health Organization's Global Solar UV Index measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher. The UV level is affected by a number of factors including the time of day, time of year, cloud cover, altitude, how close you are to the equator, scattering and reflection.</p>
Strategies	<p>Staff will use the Sun Smart App at the commencement of the day (8:00am) and at regular intervals throughout the day. The app will also support staff and children in maintaining sun protection measures in line with the UV level.</p> <p><u>Outdoor Activity</u> UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used whenever UV Index levels reach 3 and above. These measures include:</p>

- Slip on clothing that covers as much skin as possible.
- Slop on sunscreen.
- Slap on a hat.
- Seek shade.
- Slide on sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible (if practical).

When children are on excursions all sun protection practices are planned, organised, understood and available.

Shade

- All outdoor activities will be planned to occur in shaded areas.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- The program will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.

Hats

- Educators, staff and children are required to wear SunSmart hats that protect their face, neck and ears. A SunSmart hat is any of the following:
 - 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 are not considered a suitable alternative.

- **Children without a SunSmart hat will be asked to play in an area protected from the sun** (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

Clothing

- **When outdoors, educators, staff and children will wear SunSmart 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 a covered neckline.
 - Longer style skirts, shorts and trousers.
- Children who are not wearing SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

- **All staff and children will apply SPF30+ broad-spectrum water resistant sunscreen** 20 minutes before going outdoors and re-apply every 2 hours.
- Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative (SPF30 or higher) sunscreen, or the child is encouraged to play in the shade.

	<ul style="list-style-type: none"> • All sunscreen is stored in a cool, dry place and the expiry date is monitored.
Roles and Responsibilities	<p><u>Approved Provider</u></p> <ul style="list-style-type: none"> • Ensure that obligations under the Education and Care Services National Law and National Regulations are met. • Take reasonable steps to ensure that the nominated supervisor, educators and staff follow the sun protection policy and procedures. • Ensure adequate shading over areas for both active and passive outdoor play. • Ensure access to an adequate supply of sunscreen for children, educators and staff. • Ensure staff dress code/uniform includes sun protective clothing and hats. • Ensure that copies of the policy and procedures are readily accessible and available to nominated supervisors, coordinators, educators, staff, volunteers and families. • Ensure families are aware of and agree to support the service's sun protection policy and procedures. <p><u>Nominated Supervisor</u></p> <ul style="list-style-type: none"> • Ensure sun protection information is promoted to all staff, children, families and visitors. • Provide support and advice to all staff with regard to the implementation of the Sun Protection Policy. • Implement the sun protection policy and procedures as outlined in the document. • Monitor the daily sun protection times for your location. • Support the implementation of sun protection measures during the sun protection times. <p><u>Educators</u></p> <ul style="list-style-type: none"> • Adhering to the strategies and practices of the Sun Protection Policy. • Educators and staff will act as role models and demonstrate SunSmart behaviour by: <ul style="list-style-type: none"> ○ Wearing a SunSmart hat. ○ Wearing protective clothing, and sunglasses (if practical). ○ Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and every 2 hours following. ○ Using and promoting the use of shade. • Encouraging families and visitors to role model positive sun safe behaviours when at the service. • Checking the UV Alert on a daily basis at www.sunsmart.com.au or using the SunSmart App. • Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service. <p><u>Families</u></p> <ul style="list-style-type: none"> • Dressing their child in cool clothing that covers as much skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts. • Providing a sun protective hat that shades the face, neck and ears (e.g., wide brimmed, bucket or legionnaire style). • Providing permission for educators/staff to apply SPF 30 or higher broad spectrum, water resistant sunscreen supplied by the service to all exposed parts of my child's skin including their face, neck, ears, arms and legs. or • Providing permission for educators/staff to apply SPF 30 or higher broad spectrum sunscreen (that has been supplied and labelled with child's name) to all exposed parts of child's skin including their face, neck, ears, arms and legs. <i>I agree that this sunscreen will be kept at the service and it is my responsibility to make sure there is always an adequate supply available.</i> • Practising SunSmart behaviours themselves when at the service including applying sunscreen at the drop off time in the morning.

<p>Related Legislation, Standards, Documents</p>	<p><u>Legislation</u></p> <ul style="list-style-type: none"> • Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation • Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight <p><u>Sources</u></p> <ul style="list-style-type: none"> • Australian Children’s Education and Care Quality Authority (ACECQA): www.cecqa.gov.au • Sun smart: www.sunsmart.com.au • Community Early Learning Australia (CELA) https://www.cela.org.au/resource/sample-policy-sun-protection-13062017
<p>Review</p>	<p>This policy and guidelines will be reviewed every two years and will incorporate current information, legislation and feedback as required.</p> <p>The service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service.</p> <p>This policy is owned by: Preschool</p> <p>Policy updated on: 28 June 2023 Policy updated by: Director, Preschool Version number: 1.1 This version approved by: GM, Service Quality, Risk and Compliance This document can be viewed on: SharePoint, Learning Links Preschool Website</p> <p>Policy due for review: 28 June 2025</p>