

## Avoca Beach Preschool

### Background

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Australia has the highest incidence of skin cancer in the world. Of all new incidents of cancer diagnosed in Australia each year, 80 per cent are skin cancers. Given that children in childcare attend during peak ultraviolet (UV) radiation times and that they spend much of their day outdoors, childcare has a major role in minimising children's UV exposure. When UV levels reach 3 or above, unprotected skin can be damaged and UV levels can reach 3 or above during most months of the year. Further, childcare provides the ideal opportunity to instil in children long-term positive SunSmart habits.

### Policy statement

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The Service takes every reasonable precaution to protect children and staff from the harmful effects of exposure to the sun while they are at the Service or at any event organised by the Service.

The *Sun Protection Policy* is consistent with the Cancer Council's SunSmart recommendations for outdoor environments, clothing, sunscreen, scheduling of activities, and ongoing education for the children, families and staff at the Service.

### Strategies and practices

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- The Service participates fully in the Cancer Council's SunSmart Program and accesses, and follows, the Program's resources and advice.
- The *Sun Protection Policy* is explained to parents when they enrol their child in the Service, and their attention is specifically drawn to their responsibilities under this Policy. The *Sun Protection Policy* is available for parents to read at the Service and is summarised in the Parent Handbook which is given to all parents at the time of enrolment.
- The sun safety message is promoted and positively reinforced amongst families through notice boards, newsletters, information nights, educator-parent meetings, the website and providing them with up-to-date SunSmart materials.
- Educators promote sun safety awareness in children by including it in daily routines and intentional teaching such as role-modeling, discussions, songs, stories, games, and SunSmart resources (for older children).
- The Service's outdoor playground is adequately shaded. The built and natural shade features are continuously evaluated for effectiveness and, if required, additional shade structures are built and trees planted.
- Whenever possible, play-based learning activities are set up and moved to take advantage of shade patterns.
- In addition to being guided by the routines and children's interests, educators take into account UV levels and local sun protection times and requirements.

# Sun Protection

- All children and educators wear a bucket, broad brimmed or legionnaire's hat on the outdoor playground so they can move freely between shaded and unshaded areas. Children's brim sizes are 5cm for bucket and 6cm for broad brimmed. Educator's brim sizes are 6cm for bucket and 7.5cm for broad brimmed.
- The Service has iPads in all rooms. Each iPad has the SunSmart app downloaded with the auto alert function activated. Educators check the app for UV rating times each morning and follow the app's directions when programming outside play.
- Educators follow the instructions according to the UV ratings listed below:
  - 1,2 – Children and educators wear a broad brimmed hat when outside
  - 3,4,5,6,7 – Children and educators wear a broad brimmed hat and apply SPF 30+ (or higher) sunscreen when outside
  - 8,9,10 – Children and educators wear a broad brimmed hat, apply SPF 30+ (or higher) sunscreen and play undercover when outside
  - 11+ – Children and educators play indoors only.
- Children and educators adhere to the Sun Protection Policy on excursions. Refer to the Service's *Excursion and Incursion Policy*.
- All staff model positive SunSmart behaviour to the children by:
  - wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outdoor activities
  - using SPF 30+ broad-spectrum, water resistant sunscreen
  - seeking shade whenever possible
  - wearing sunglasses that meet the Australian Standard (AS/NZS1067:2003).
- The Service supplies 30+ (or higher) broad-spectrum waterproof sunscreen for children and staff. The sunscreen is available in each room and in the outdoor play area. Parents are advised upon enrolment about the use and brand of sunscreen, and receive a reminder annually. Parents are required to notify the Service in writing if their child is allergic to sunscreen, and to supply an alternative clearly labeled with the child's name.
- On enrolment, every child is given a hat that complies with the SunSmart guidelines. Or they can use their own provided it meets SunSafe requirements.
- Any child who does not bring the hat provided is expected to use one from the Service's set of spares kept for the purpose, or to play in the shade. If the spare hat and clothes supply is exhausted, the children without hats or suitable clothing will be required to play indoors in shaded areas.
- Educators ensure children wear clothes with adequate protection from UVR when playing outdoors. Any child who does not have suitable clothing is expected to wear clothing from the Service's set of spares kept for the purpose, or to play in the shade. Also if the spare clothes supply is exhausted, the children without suitable clothing will be required to play indoors or in shaded areas. The Cancer Council recommends loose fitting clothes with collars and sleeves, closely woven natural fibre fabric, and of a dark colour.

# Sun Protection

- Water is offered to children frequently throughout the day regardless of whether they are indoors or outdoors.
- Educators liberally apply broad spectrum sunscreen with an SPF of 30+ to all exposed areas of children's skin 15-20 minutes before the children go outside, and initial the Sunscreen Application Chart to that effect.
- Educators reapply sunscreen every two hours if children are outdoors for a prolonged period, or more frequently if the children are perspiring or involved with water play. Older children apply their own sunscreen under supervision.
- If parents supply their child with sunglasses that are wrap-around and/or are close fitting (that meet AS 1067-EPF 10 is best), educators will ensure children wear them during outdoor play.
- Educators are kept up-to-date with SunSmart recommendations.

## **Additional safe resting practices for babies**

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- Babies under the age of 12 months are kept out of direct sunlight as a matter of course. However, when outdoors, a small amount of sunscreen is applied only to those exposed areas not already covered by clothing or hats.
- Educators monitor fluid intake of babies and document it in each child's Communication Book.

## **Responsibilities of parents**

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- To bring the hat provided to their child each time their child attends the Service, and to ensure the hat is clearly named and kept clean.
- To dress their child in SunSmart clothing, including spares, each time the child attends the Service.
- To model positive SunSmart behaviour to the children when at the Service.
- To notify the Service in writing if their child is allergic to sunscreen, and to supply an alternative sunscreen clearly labeled with the child's name.

## **Procedures and forms**

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- Sunscreen Application Chart

## **Links to other policies**

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- Clothing Policy
- Educational Program Policy
- Enrolment and Orientation Policy
- Excursion Policy

## **Links Education and Care Services National Regulations 2011, National Quality Standard 2011**

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# Sun Protection

Regs	114	Outdoor shade
	168	Policies and procedures

QA	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
	2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented
	2.1.3	Healthy eating and physical activity are promoted and appropriate for each child
	2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
	3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
	4.2.2	Professional standards guide practice, interactions and relationships
	6.1.2	The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing
	7.2.3	Educators, co-ordinators and staff members' performance is regularly evaluated, and individual plans are in place to support learning and development

## Sources

- Education and Care Services National Regulations 2011
- Guide to the National Quality Framework 2018 (September 2020 Update): Section 4 – Operational Requirements <https://www.acecqa.gov.au/sites/default/files/2020-09/Guide-to-the-NQF-September-2020.pdf> accessed 20 December 2020

**Further reading and useful websites** *(Consistent with the approach of the National Quality Framework, the following references have prioritised efficacy and appropriateness to inform best practice, and legislative compliance over state or territory preferences.)*

- Cancer Council Australia – <http://www.cancer.org.au> accessed 30 December 2020
- Cancer Council New South Wales – <https://www.cancercouncil.com.au/> accessed 30 December 2020
- SunSmart NSW – <http://www.sunsmartnsw.com.au/programs/programs-ech/> accessed 30 December 2020

## Policy review

The Service encourages staff and parents to be actively involved in the annual review of each of its policies and procedures. In addition, the Service will accommodate any new legislative changes as they occur and any issues identified as part the Service's commitment to quality improvement. The Service consults with relevant recognised authorities as part of the annual review to ensure the policy contents are consistent with current research and contemporary views on best practice.

## Version Control

Version	Date Reviewed	Approved By	Comments/Amendments	Next Review Date
1	8 January 2018	Dr Brenda Abbey (Author)	Updated to changed NQF requirements 1 February 2018. Service to modify policies to its specific needs.	
2	6 September 2019	Dr Brenda Abbey (Author)	Updated references.	
3	29 November 2020	Dr Brenda Abbey (Author)	Updated references.	

# Sun Protection

4	30 December 2020	Dr Brenda Abbey (Author)	Updated references.	
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Date reviewed: July 2021

Next review: July 2022

Reviewed by Rose Smith/Jessica Adlard