



JUMBUNNA COMMUNITY PRESCHOOL AND EARLY INTERVENTION CENTRE INC.

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

SUN PROTECTION

Date Approved:

Related Legislation

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations 2011: Regulations 100, 113, 114, 168 (2[a][iii])
- Model WHS laws, 2011
- Children (Education and Care Services) Supplementary Provisions Regulation 2019
- Children (Education and Care Services) Supplementary Provisions Act 2011

Related Guidelines, Standards, Frameworks

- National Quality Standard, Quality Area 1: Educational Program and Practice – Standards 1.1, 1.2
- National Quality Standard, Quality Area 2: Children's Health and Safety – Standards 2.1, 2.2
- National Quality Standard, Quality Area 3: Children's Health and Safety – Standards 3.1, 3.2
- National Quality Standard, Quality Area 4: Staffing Arrangements – Standards 4.1, 4.2
- National Quality Standard, Quality Area 5: Relationships with Children – Standards 5.1, 5.2
- National Quality Standard, Quality Area 6 Collaborative Partnerships with Families and Communities – Standards 6.1, 6.2
- National Quality Standard, Quality Area 7: Governance and Leadership – Standards 7.1, 7.2
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia – Guide on exposure to solar ultraviolet radiation (UVR) 2013

Resources/Useful Links

- National Asthma Council – www.nationalasthma.org.au
- Asthma Australia – www.asthmaaustralia.org.au
- Australasian Society of Clinical Immunology and Allergy – www.allergy.org.au
- Diabetes Australia – www.diabetesaustralia.com.au

Sources

- Australian Children's Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
- NSW Cancer Council - www.cancercouncil.com.au
- Cancer Council Sample Early Education and Care Sun Protection Policy – www.sunsmartnsw.com.au/wp-content/uploads/2020/03/SunSmart-early-Childcare-Policy.pdf

Jumbunna recommends the information and guidance contained on the NSW Cancer Council website www.cancercouncil.com.au

Policy Statement

Australia has the highest rate of skin cancer in the world. Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, Early Childhood Education and Care Services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day (Cancer Council NSW).

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. Jumbunna services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

GOALS - What we are going to do?

- Jumbunna is a SunSmart service.

This policy provides guidelines to support the 10 recommendations from the Cancer Council and to:

- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills
- Support duty of care and regulatory requirements.
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff, and visitors.

This policy has been adapted from the NSW Cancer Council Sun *Protection Policy Sample* for further detail visit www.cancercouncil.com.au.

Strategies - How it will be done?

Outdoor Activities

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. Jumbunna will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. These measures include:

- **Slip** on clothing that covers as much skin as possible
- **Slop** on sunscreen
- **Slap** on a hat
- **Seek** shade
- **Slide** on sunglasses where possible
- Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.
- When temperatures are extreme all play is indoors.
- When children are on excursions and activities all sun protection practices are planned, organised, and understood.

Shade

- All outdoor activities will be planned to occur in shaded areas during Term 1 & 4.
- Play activities 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 include a combination of portable, natural and built shade.
- Regular shade assessments are conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

- Staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:
 - a) Legionnaire style hat.
 - b) Bucket hat with a deep crown and brim size of at least 5cm (staff 6cm).
 - c) Broad brimmed hat with a brim size of at least 6cm (staff 7.5cm).

Please note: Baseball caps or visors do not provide enough sun protection and not considered suitable alternative.

- Children without a sun safe 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, 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:
 - a) Loose fitting shirts and dresses with sleeves and collars or covered neckline.
 - b) Longer style skirts, shorts and trousers.
- Children who are not wearing sun safe clothing are encouraged to play in an area protected from the sun (eg under shade, veranda or indoors) or can be provided with spare clothing.

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

Please note also: Jumbunna has a uniform policy to which staff must comply.

Sunscreen

- All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen on arrival and 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the expiry-date monitored.
- Hats are available for purchase for children on enrolment into the Reverse Integration Preschool and Mobile services. Hats are provided to staff.
- Sunscreen is available within classrooms and play areas at all times. Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.
- Sunscreen is also available in foyer for application prior to entry to preschool.
- Cancer Council recommends usage tests before applying a new sunscreen.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- Permission to apply sunscreen is included in the service enrolment form.

Babies (in direct care of parents/carers)

- Babies under 12 months will not be exposed to direct sunlight.
- Babies clothing, hat and shade positioning are checked regularly to ensure they continue to be well protected from UV.
- The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin

Education

- Sun protection will be incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing and accessing daily UV levels.
- SunSmart App daily UV times are promoted to guide staff, parents and children's behaviour.
- Visitor, student and new employee inductions embed the transfer of information relating to Jumbunna's Sun Protection Policy.

Information and policy availability

- The sun protection policy, procedures, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.

- Sun protections information and resources are accessible and communicated regularly to families. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart
- All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the service.

Review

- Management and staff will monitor and review the effectiveness of the sun protection policy regularly.
- Sun protection policy must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart Status.

SunSmart Agreement

Centre Name: Jumbunna Community Preschool and Early Intervention Centre Inc.

This centre agrees to enforce the above sun protection policy in line with the SunSmart Early Childhood Program recommendations and to inform the Cancer Council NSW of any changes to the centre's policy and practices. The centre will take part in a review every 3 years.

Name: Karen McDermott

Position: General Manager

Signature: *K McDermott* Date: 12/01/2019

Roles and Responsibilities

Role	Authority/Responsibility For
Approved Provider	<ul style="list-style-type: none"> • Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.
Nominated Supervisor	<ul style="list-style-type: none"> • Ensure sun protection information will be promoted to all staff, families, and visitors. • Provide support and advice to all staff with regard to implementation of the <i>Sun Protection Policy</i>.
Early Childhood Educators	<ul style="list-style-type: none"> • Adhere to the strategies and practices of the Sun Protection Policy • Educators and staff will act as role models and demonstrate SunSmart behaviour by: <ol style="list-style-type: none"> a) Wearing a SunSmart hat (see <i>Hats</i>). b) Wearing protective clothing, and sunglasses (optional) (see <i>Clothing</i>). c) Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and every 2 hours after (see <i>Sunscreen</i>). d) Using and promoting the use of shade. • Encouraging families and visitors to role model positive sun safe behaviours when at the service. • Check 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.

Families	<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). • Provide 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 • Provide permission for educators/staff to apply SPF 30 or higher broad-spectrum sunscreen (that I have supplied and labelled with my child/ children's name) to all exposed parts of my child's skin including their face, neck, ears, arms, and legs. 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. • Practicing SunSmart behaviours themselves when at the service.
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Monitoring, Evaluation and Review

The service demonstrates SunSmart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The curriculum and program incorporates sun safety awareness experience

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the *Education and Care Services National Regulations*, 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; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

DOCUMENTATION

Documents related to this policy	
Related policies	
Forms, record keeping or other organisational documents	

Policy Name:	Sun Protection	Policy Number:	
Date Approved:	24 August 2023	Approved By:	Board of Management
Date Issued:	31 August 2023	Review Date:	30 June 2024
Version 1.5	This version of the policy was approved 24 August 2023 and replaces the version approved 30 June 2022		