

Sun Protection in the ELC Policy and Procedure

Introduction

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia.

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. 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. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

Policy

Our Early Learning Centre will:

- Use a combination of sun protection measures whenever UV levels reach 3 and above to ensure children, educators and staff are well protected from too much UV exposure.
- Provide shade outdoors for children, staff and visitors.
- Encourage and support children to develop independent sun protection skills.
- Implement WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.
- Educate and update children, families and staff about current recommendations from the Cancer Council NSW regarding sun safety measures.
- Maintain registration as a Sun Smart service.
- Consider all sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) when planning excursions and related activities.

Definitions

Term	Definition
Ultraviolet (UV) radiation	Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage
Vitamin D	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.
The UV Index	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

Eligibility

The policy applies to all staff and participants in the IGS Early Learning Centre program.

Responsible

Responsibilities for this policy are:

Person	Responsible for
Nominated Supervisor	<ul style="list-style-type: none"> • The sun protection policy is available for staff, families and visitors. • Ensure the Centre operates in line with the Education and Care Services National Law and National Regulations 2011. • Ensure measures are in place so children are adequately supervised and protected from harms and hazards. • Provide sun protection information to staff, families and visitors. • Provide support and advice to staff with regard to implementation of the Sun Protection Policy. • Regular shade assessments conducted to monitor existing shade structures and assist in the planning and location of

	activities.
ELC Staff	<ul style="list-style-type: none"> ● Adhere to the strategies and practices of the Sun Protection Policy. ● Educators will role model and demonstrate sun safe behaviour by: <ul style="list-style-type: none"> - Wearing a sun safe hat (see Hats). - Wearing sun safe clothing (see Clothing). - Applying SPF30+ or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors. - Using and promoting activity in shaded areas. ● Support and encourage children to develop knowledge and skills in sun protection practices e.g. self application of sunscreen. ● Encouraging families and visitors to role model sun safe behaviours when at the service. ● Sun protection messages are incorporated into the learning program for children. ● Check the UV Alert on a daily basis at www.sunsmart.com.au
Families	<ul style="list-style-type: none"> ● Dress their child/ren 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. ● Provide a sun protective hat that shades the face, neck and ears (e.g. wide brimmed, bucket or legionnaire style). ● Give permission for staff to apply SPF 30+ or higher broad spectrum, water resistant sunscreen supplied by the Centre to all exposed parts of my child's skin including their face, neck, ears, arms and legs. ● Where sunscreen is supplied from home this will be labelled with the child's name and an adequate supply made available at the service at all times. ● Encouraged to practise Sun Smart behaviours themselves when at the Centre.

Sun Protection Procedure

Sun protective behaviours	Action
Scheduling outdoor activities	<ul style="list-style-type: none"> ● UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.

	<ul style="list-style-type: none"> When children are on excursions all sun protection practices are planned, organised, understood and available.
Shade	<ul style="list-style-type: none"> All outdoor activities are planned to occur in shaded areas. Shade options are provided, maintained and promoted to the children. Play-based learning activities are set up and moved throughout the day to take advantage of shade patterns. Shade options can include a combination of portable, natural and built shade. Cancer Council encourages regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.
Hats	<ul style="list-style-type: none"> All staff and children are required to wear SunSmart hats that protect their face, neck and ears. Children without a SunSmart hat are encouraged to play in an area protected from the sun e.g. under shade, veranda or indoors, or are provided with a spare SunSmart hat. SunSmart hats include: Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm). Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm). Legionnaire style hats. Baseball caps or visors do not provide enough sun protection and therefore are not recommended.
Clothing	<ul style="list-style-type: none"> Staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. Children without 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. SunSmart clothing includes wearing: Loose fitting shirts and dresses with sleeves and collars or covered necklines. Longer style skirts, shorts and trousers. Midriff, crop or singlet tops and dresses do not provide enough sun protection and therefore are not recommended.
Sunscreen	<ul style="list-style-type: none"> All staff and children are required to apply SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Permission to apply sunscreen is included in the Centre enrolment form. 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. Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

Role modelling	<ul style="list-style-type: none"> ● Staff act as role models and demonstrate SunSmart behaviours by: Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional). ● Applying SPF30+ broad-spectrum water-resistant sunscreen. ● Promoting the use of shade. ● Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the Centre. ● Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside.
Education	<ul style="list-style-type: none"> ● Sun protection is incorporated regularly into learning programs. ● Children understand why sun safety is important and learn how to take effective sun protection actions e.g. hat wearing, accessing daily UV levels. ● SunSmart App daily UV times are promoted to guide staff, parents and children behaviour. Further information is available from Cancer Council NSW's website www.sunsmartnsw.com.au.
Information and policy availability	<ul style="list-style-type: none"> ● Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors. ● Sun protection information and resources are accessible and communicated regularly to families. ● 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	<ul style="list-style-type: none"> ● Management and staff regularly monitor and review how effectively they implement their sun protection policy. ● Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.

Links to National Quality Framework

The National Quality Framework defines requirements linking to Sun Protection as outlined below:

- 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 2.1,2.3
- 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
- National Quality Standard, Quality Area 7: Leadership and Service Management – Standards 7.1, 7.3.

Relevant 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)(ii)
- Occupational Health and Safety Act 2004

Key Resources

- Australian Children’s Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
- NSW Cancer Council – www.cancercouncil.com.au & <http://www.sunsmartnsw.com.au/wp-content/uploads/2019/04/2019-CAN6641-SunSmart-ECH-policy-FINAL.pdf>
- Community Early Learning Australia (CELA): <https://www.cela.org.au/resource/sample-policy-sun-protection-13062017>

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