

## D-8 Sun Protection

### NQS

QA. 2.1	Health.
QA. 2.2	Safety.
QA. 3.1	Design.
QA. 6.1.1	Engagement with the service.
QA. 6.1.3	Families are supported.
QA. 7.1.2	Management systems.

### National Regulations

Reg. 100	Risk assessment must be conducted before excursion
Reg. 113	Outdoor space: natural environment
Reg. 114	Outdoor space—shade
Reg. 160	Child enrolment records to be kept by approved provider and family day care educator
Reg. 161	Authorisations to be kept in enrolment record
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care service must have policies and procedures
Reg. 171	Policies and procedures to be kept available

### My Time, Our Place

LO. 1	Children and young people feel safe, secure and supported
LO. 3	Children and young people have a strong sense of wellbeing
	Children and young people are aware of and develop strategies to support their own mental and physical health and personal safety
LO. 4	Children and young people transfer and adapt what they have learned from one context to another

### Policy Statement

We aim to ensure that all children attending the Centre will be protected from harmful rays of the sun, whilst understanding that Vitamin D, sourced from the sun, is an important factor in keeping bones and muscles strong and healthy. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Staff will model appropriate sun protection behaviour and enforce the Sun Protection Policy at all times. Parents and families will be informed of the Centre's policy on Sun Protection through posters, newsletters, and the Family Handbook.

### Related Policies

- ENOSHCP Policy A-4: Enrolment
- ENOSHCP Policy A-10: Acceptance and Refusal of Authorisations
- ENOSHCP Policy A-19: Nominated Supervisor

- ENOSHCP Policy D-15: Allergies
- ENOSHCP Policy E-2: Written Programs

## Procedure

To assist with the implementation of this policy, educators and children are encouraged to access the daily local sun protection times via the SunSmart widget on the service's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [myuv.com.au](http://myuv.com.au)

Children and educators will wear protective clothing when outside such as hats that protect their face, ears, and neck, and be encouraged to wear shirts that cover their shoulders and necks. Bucket hats and broad brimmed hats are recommended. Baseball caps and visors are not recommended.

Educators will direct children to wear hats for outdoor play. Children who do not have a hat must play in a sheltered area. Educators will enforce the 'No Hat - No Outside Play' rule.

Children will not share hats. Children are responsible for storing their own hats in their own school bags. Where the Centre's spare hats are used, they are to be used only by one child. All spare hats must be washed before use by anyone else.

Sunglasses are recognised as an important factor in the protection of our eyes from the sun's rays. Sunglasses will be encouraged for all educators and students during operation of the service.

An SPF 50+, broad-spectrum, water-resistant sunscreen will be made available in the Centre. During the months of October to March, parents are expected to have applied sunscreen to their child prior to arriving to school, and educators will assist children in reapplying sunscreen prior to leaving Before School Care. At the commencement of the After School Care Session, children will be encouraged to apply sunscreen prior to going outside to play. During the months of April to September, children will be encouraged to wear sunscreen when participating in outdoor activities between 10am and 2pm. In June and July, and whilst the UV Forecast is 2 or below, children will not be required to apply sunscreen at the centre. The centre will check the UV at the start of each before and after school care session and record on the WHS daily checklist. Children will be allowed to go outside without sun protection (hats/sunscreen) after the UV has fallen below 3.

All sun protection practices will be maintained on excursions, including walking to and from the centre, where applicable. Sun protection will be included in the risk assessment for excursions.

The Sun Protection Policy will be available to all families using the Centre and parents will be informed of the policy upon enrolling their child through the parent handbook. Permission to apply sunscreen will be included in the enrolment form. The Certified Supervisor will respect the parents' right to refuse authorisation to apply sunscreen. In these instances, the Certified Supervisor will communicate with the parent regards providing an alternate suitable sunscreen. Should the parents refuse, the children will be required to wear appropriate clothing and play in shaded areas.

Where children have allergies or sensitivity to sunscreen, parents will be asked to provide an alternative sunscreen, and/or the child required to play in the sheltered areas.

The Centre will incorporate sun and skin protection awareness activities in the program (see E-2 Written Programs Policy) and provide notices and posters about the topic throughout the Centre. Activities will be planned to avoid exposure to the sun between the hours of 11: 00am and 3:00pm, particularly between the months of October and March. Outdoor activities will be held in shaded areas whenever possible.

The Centre will identify shade options at various times of the day and the year with the available outdoor space and promote these to the children. Educators will set up activities and play spaces to make best use of the shade.

Where shade is considered inadequate, Management and/or ENOSHCP should be approached to provide additional shade cover.

Educators will use opportunities to discuss sun protection with children and demonstrate a positive and proactive approach to the management of the sun protection in the Centre.

## **Sources**

- Education and Care Services National Regulations 2011
- National Quality Standard
- My Time, Our Place Framework for School Age Care in Australia
- Cancer Council NSW – SunSmart Recommendations

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