Sun Protection Policy

Policy Management

Prepared by: Mrs. Katrina Baines
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Monitored by: Head of Early Childhood
Review by: Head of Early Childhood / Principal
Date for review: 9/5/2020
Status: ACTIVE

Related Policies, Procedures, Work Instructions, Forms or Manuals:
- Physical Activity and Screen Time Policy
- Staff Dress Code Policy

Version History

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<th>Version</th>
<th>Date</th>
<th>Notes</th>
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<tr>
<td>1.0</td>
<td>September 2018</td>
<td>Changes to wording of policy ‘available to’ and shaded play requirements as per Cancer Council requests to retain ‘Sun Smart’ status</td>
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<td>2.0</td>
<td>9/5/2019</td>
<td>Checked to ensure that information is still accurate</td>
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National Quality Standards (NQS)

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Target Audience

This policy applies to children, families, staff, management and visitors of PCS Prep and Early Childhood Services.

Purpose

This policy will guide educators and families on how to promote positive attitudes towards sun protection and follow procedures to ensure children, staff and visitors are protected against unnecessary damage caused from sun exposure.
Framework and Rationale

PCS Prep and Early Childhood Services recognise that:

- Australia has the highest incidence of skin cancer in the world
- Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

For this reason, we endeavor to protect children, staff and visitors from damage caused from sun exposure, through the adherence to sun safe practices in accordance with current guidelines.
Implementation

Some sun exposure is important for Vitamin D, which is essential for healthy bones and muscles, and for general health. Too much sun; however, can cause skin and eye damage, and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

We have a duty of care to ensure that all children, educators, carers, families, management, volunteers and visitors are provided with a high level of sun protection during the hours of the Service’s operation.

PCS Prep and Early Childhood Service aims to promote among children, staff and parents:

- Positive attitudes towards sun protection.
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about sun protection.
- Awareness of the need for environmental changes in our Service to reduce the level of sun exposure when the UV radiation level is three (3) and above.

Responsibilities of Management and Nominated Supervisor

The Nominated Supervisor will ensure:

- This Policy and Procedures is adhered to at all times.
- Hats are provided to all permanent staff members upon employment. Spare staff hats will be available for use by casual and relief staff. These hats must remain on the premises and will be washed regularly.
- Consistency with Penrith Christian School’s ‘No Hat, Play in Shade’ Policy.
- Shade will be maintained and included in playground plans and upgrades, and will include fixed, portable, natural and manufactured built.
- Posters are displayed to remind parents to use sunscreen and provide appropriate clothing for their children to ensure this policy is adhered to.
- Shade cloth or shade structures cover all sandpit areas, soft fall areas and quiet areas.
- Sunscreen is provided and available for parents to apply to their child on arrival if they have been unable to do so at home. Suitable Sunscreen must be SPF 30+ broad spectrum and water-resistant.

Responsibilities of Educators

Role modelling

- Staff will role model and demonstrate sun safe behaviour by wearing sun safe clothing (covering as much skin as possible – especially shoulders, back and stomach), sun safe hat, applying SPF 30+ sunscreen, and promoting and using shade.
- Staff members are required to apply SPF30+ broad spectrum water-resistant sunscreen, which is to be reapplied every two hours.
- Sunglasses are encouraged to be worn by children, staff and visitors. Adults will remove sunglasses when speaking to children to ensure eye contact is given.
Outdoor Play

- From October to March, sun protection is required at all times.
- Daily programs are designed to minimise outdoor activities (in length and frequency) between 11.00 am and 3.00 pm from October to March.
- From April to September (excluding June and July) sun protection is required from 10.00 am to 2.00 pm.
- In June and July, sun protection is generally not required. However, sun protection will continue to be used to encourage the continuity of good practice.
- Sun protection measures will be considered when planning excursions and incursions within the school grounds.
- Staff discretion will be used if it is deemed too hot/cold to be outside and as a result cause discomfort, or pose a potential risk, to the children in our care.

Shade

- Where possible, outdoor activities will be set up in shaded areas to protect the skin of our children, staff and visitors from the impact of ultraviolet radiation. Where this is not possible, activities will either be planned out of peak UV times, or moved throughout the day, to take advantage of shade patterns. Skin protection measures will be required.
- 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.

Sunscreen

- Families are requested to apply sunscreen on their child on arrival at the Centre on a daily basis. Staff will check each child to ensure that sunscreen has been applied if arriving to the outdoor area.
- Sunscreen is to be reapplied to the children later in the day prior to going outdoors. Suitable sunscreen must be SPF 30+ broad spectrum and water-resistant and applied 20 minutes before outside play. This will be reapplied every two hours.

Education and Information

- Sun protection messages are included in the learning program and investigated in the change of seasons to maximise the awareness and importance of this issue.
- Sun protection education will be promoted to families, visitors, as well as staff and children. Information will be sought from the Cancer Council Sun Smart Program website http://www.sunsmartnsw.com.au/resources/.

Responsibilities of Families

- Children are required to wear sun safe clothing which covers as much skin as possible. Children are required to wear the school sports shirt that has a half sleeve to their elbow and a full collar, as well as their school wide-brimmed hat while outdoors.
- Sunglasses are encouraged to be worn by children, staff and visitors. Adults will remove sunglasses when speaking to children to ensure eye contact is given.
- Families are requested to apply sunscreen on their child on arrival at the Centre on a daily basis.
• Parents of children with allergies to the sunscreen provided are to provide their own, labelled sunscreen for re-application at the Service.

Sources

- Australian Children’s Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- ECA Code of Ethics.