

# Edgeworth Child Care Centre Inc.

## Sun Protection Policy

### Aim

High risk of unprotected sun exposure in the first fifteen years of life significantly increases a child's risk of developing skin cancer later in life. At Edgeworth Child Care Centre, we aim to help minimise these risks to children, educators/staff, and to help educate families about sun protection.

### Legislative Requirements

Education and Care Services National Regulation 2011  
Education and Care Services National Law Act 2010  
National Quality Standards 2011  
Work Health and Safety Act 2011  
Work Health and Safety Regulations 2011

### Who is affected by this policy?

Educators  
Children  
Parents  
Families  
Management

### Implementation

***To comply with the NSW Cancer Council's SunSmart Program, please refrain from removing any of the following points.***

- Develop positive attitudes towards skin protection.
- Develop awareness of lifestyle practices which can reduce the incidence of skin cancer.
- Promote personal responsibility for decision making about skin protection.
- Increase awareness of the need for environment changes in Education and Care Services to reduce the levels of exposure to the sun.
- Staff, educators and children are required to wear sun-safe hats that protect their face, neck and ears when outdoors, and on excursions. Appropriate hats include:
  - Bucket hats with a deep crown and brim of at least 5cm (adults 6cm)
  - Broad-brimmed hats with t brim size of at least 6cm (adults 7.5cm)
  - Legionnaire style hats.
  - Caps are not recommended due to inadequate protection to the neck, cheek and ears.
- We require the wearing of longer length shirts with collars and sleeves that are made from closely woven fibre and longer length shorts, by children, educators and staff (midriff and singlet tops/dresses are not recommended due to inadequate coverage).
- Provide and use SPF 30+ broad spectrum water resistant on exposed areas of skin, to be applied by parents in the morning prior to or on arrival. Educators/Staff to help children apply sunscreen again 20 minutes before going outdoors in the afternoon.
- Posters will be displayed to show correct application of sunscreen.

- Outdoor play will be planned to occur in shaded areas and moved throughout the day to take advantage of shade patterns.
- All sun protection measures will be considered when planning excursions and incursions.
- A NO HAT – PLAY IN THE SHADE policy will be implemented where children without hats remain under covered areas.
- Babies under 12 months will not be exposed to direct sunlight and will remain in dense shade when outside.
- Educators/Staff are to model appropriate sun safe practices. Sun safe broad brimmed hats, shirts with sleeves and collars, and sunscreen are to be worn at all times. Visitors will also be required to do the same.
- From October to March, we will minimise outdoor play between 11am and 3pm (daylight saving time). Sun protection practices are required at all time when outside.
- From April to September, outdoor activities can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when the UV index is mostly below 3. This will be checked at [www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv).
  - The Service will take extra care with children who have very fair skin.
  - The children will have the opportunity to access outdoors at all times during the day with sun protection being used to encourage the continuity of good practice.
- The sun protection policy will operate throughout the year.
- Sun safety will be incorporated into the program to help educate children and instill positive attitudes and practices. Information will also be sent home to parent/guardians and families to help educate and encourage parent/guardians to adopt these practices. For Support and free resources go to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au) or call the SunSmart Information Line on 02 9334 1761.
- When replacing shade, the Service will carry out a shade audit to maximise and effectively use shade products.
- The sun protection policy must be available to staff, families and visitors

**The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.**

## Sources

Education and Care Services National Regulation 2011  
 Education and Care Services National Law Act 2010  
 Guide to the National Quality Standard 2011  
 Work Health and Safety Act 2011  
 Work Health and Safety Regulations 2011  
 National Health and Medical Research Council [www.nhmrc.gov.au](http://www.nhmrc.gov.au)  
 NSW Department of Health [www.health.nsw.gov.au](http://www.health.nsw.gov.au)  
 Cancer Council NSW [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

## Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties. SunSmart membership is to be renewed with Cancer Council NSW every three years. SunSmart membership can be renewed online at [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au) by selecting 'Get Started'.

**Reviewed: 26 October 2016**

**Date for next review: October 2017**