



Health & Safety

SUNCARE POLICY

Policy number: H&S 21

Date Reviewed: 5th February 2019

Revision: 4 (updated 5/02/2019)

Month of next Renewal: February 2020

Approved By: Kylie Frantom	Position: Committee (Secretary)	Date: 21.02.2018
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NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

RELATED POLICIES

Clothing Policy Health and Safety Policy Physical Environment Policy	Supervision Policy Work Health and Safety Policy
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PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

SCOPE

This policy applies to children, families, staff, management, and visitors of the Service.

POLICY STATEMENT

The centre adopts a policy of following the UV index chart printed daily from the Cancer Council website and not going outside when the UV index is Extreme or very high and playing in shaded areas when the UV index is Moderate to High. The centre will ensure there are sufficient shaded areas within the centre grounds. The children will be encouraged to use shaded areas for outdoor play. When setting up the outdoor environment educators are to be aware of providing experiences in shaded areas.

Our service aim to promote among children, staff and parents:

- Positive attitudes towards skin 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 skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.
- The need for children to have some exposure to sunlight to help prevent Vitamin D deficiencies http://raisingchildren.net.au/articles/vitamin_d.html

HOW POLICY WILL BE IMPLEMENTED (Specific Policies & Procedures)

Hats

Mundarda Child Care Centre endeavours to protect children, staff and visitors from damage caused from exposure to the sun in the following ways:

- Children under the age of 12 months will not be exposed to direct sunlight. When outside, under shade, they are to wear sun safe hats and clothing. Small amounts of SPF50+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.
- Children, staff and visitors are required to wear broad brimmed hats when outdoors. Adults are to wear hats to protect themselves and to act as positive role models to children.
- A broad brimmed hat will be given to each child on enrolment and will be the only hat accepted. This will avoid children not wanting to wear a hat due to it being different to their peers and is good practice for the Service.
- Broad brimmed hats will be 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 after each wear.
- All adults and children will use a combination of sun protection measures whenever UV Index levels reach 3 and above. When the UV index reaches Extreme no children will be permitted to play outdoors.
- Educators are expected to use their discretion on warmer days during the periods where sun protection is not necessary, to use sunscreen and hats to protect the children.
- A child who is fair in complexion should continue to use sun protection throughout the year.
- Mundarda Child Care Centre adopts a 'No Hat No Outdoor Play' policy. The Service will provide bucket hats, however if a child refuses to wear a hat, he/she will be required to play indoors or under the verandah.

Sunscreen

- If children arrive at the service after 8am it is recommended that they arrive at Service with sunscreen applied. Sunscreen will be available for the child's

parent to apply on arrival if they have been unable to do so at home. Sunscreen will 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 2 hours.

- Educators are also required to apply SPF30+ broad-spectrum water-resistant sunscreen, which will be reapplied every 2 hours.

Clothing

- Children, staff and visitors are required to wear clothing which covers as much skin as possible including shoulders, back and stomach e.g., collars, covered necklines, sleeves, longer skirts, shorts and trousers. Singlets and midriff tops are not recommended. Spare clothes will be available and children will be changed into the appropriate clothing. Educators will remind parents of the sun policy and appropriate clothing. If no spare clothes are available in the size required the child will be required to play in the shade or indoors.
- Educators will role model and demonstrate sun safe behaviour by wearing sun safe clothing, sun safe hat, applying SPF 30 + sunscreen and promoting and using shade.

Programs:

- Daily programs are designed to avoid being outdoors during the hottest part of the day. All outdoor activities will be planned to occur in shaded areas and will be relocated throughout the day to follow the shade.
- Shade will be maintained and included in playground plans, upgrades and will include fixed, portable, natural and manufactured built.
- Posters will be displayed to remind parents to use sunscreen and provide appropriate clothing for their children to ensure this policy is adhered to.
- Educator's 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.
- Outdoor activities will be set up in the shaded areas if it is too hot to be in full sun.
- Shade cloth is to cover all sandpit areas, soft fall areas and quiet areas.
- 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 sort form the Cancer Council website www.cancercouncil.com.au/sunsmart

SOURCES:

Education and Care Services National Regulations 2012

Australian Children's Education and Care Quality Authority (ACECQA).

Cancer Council of WA Inc.

Occupational Safety & Health Act 1984 & regulations (1996)

National Quality Standards (NQS)