

QUALITY AREA 2. CHILDREN'S HEALTH & SAFETY POLICY

SunSmart Policy & Procedure

Policy Statement:

Yarrunga Early Learning Centre is a Sun Smart Centre and recognizes the need to have a Sun Safe Policy since most sun damage occurs in the first 15 years of a child's life. We recognise that natural protection against the sun's harmful ultraviolet rays is the best protection.

Rationale:

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and children up to 4 years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin.) UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life/ Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before the age of 70.

Scope:

This policy applies to the Approved Provider, Nominated Supervisor, Responsible Persons, educators, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of Yarrunga Early Learning Centre, including during off site excursions and activities.

Relevant Legislation:

Education and Care Services National Regulations, Part 4.2:Children's health and Safety reg 100.Part 4.3: Physical environment reg 113,114. Part 4.7 Leadership and Management Reg 168 (2)(a)(ii), 170,171, 172.

Education and Care Services National Law Act 2010. Section 167: Protection from harm and hazards.

Work Health & Safety Act 2011 and Work Health and Safety Regulations 2011.

National Quality Standards:

National Quality Standards. ACECQA (2017) - QA 1, QA2, QA5, QA 6, QA7

Location of Information:

This information is available on Yarrunga's website and on request.

Source and Related Policies

Australian Children's Education and Care Quality Authority (ACECQA): www.acecqa.gov.au

Cancer Council website: www.cancercouncil.com.au/sunsmart

Cancer council Early Childhood Education and Care Sun protection policy:

<http://www.sunsmartnsw.com.au/wp-content/uploads/2020/03/SunSmart-Early-Childcare-Policy.pdf>

Date endorsed by Committee: June 2020

Date to be reviewed: December 2021

Outdoor activity times and sun protection practices:

Sun Protection practices are required at anytime that the UV levels are 3 or higher. UV levels can be checked via the SunSmart widget on our webpage (Yarrunga.com.au), the free SunSmart app or at sunsmart.com.au.

The Sun protection measures listed are used for all outdoor activities **during the daily local sun protection times.** (the sun protection times are forecast from the Beaura of Meteorology for the time of day UV levels are expected to reach 3 or higher. At these levels, sun protection is required for all skin types.

Special note regarding infants

SunSmart practices consider the special needs of infants. All babies under 12 months are kept out of direct sun when uv levels are 3 or higher. Physical protection such as shade, clothing, broad brimmed hats are the best protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a babies skin. The widespread use of sunscreen on babies under 6 months old is not recommended.

Yarrunga will ensure the following sun protection measures:

Environment:

Seek shade

- Management will ensure there is a sufficient number of shelters and trees providing shade in the outdoor area, particularly high use areas.
- The availability of shade is considered when planning outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- In consultation with the committee, shade provision is considered in future plans and upgrades.
- A shade assessment is conducted regularly to determine current availability and quality of shade.

Behaviours:

Slip on sun-protective clothing

- Children are to wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Families are asked to choose clothing with sleeves, higher necklines (or collars) and knee length or longer style skirts or shorts.
- If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t shirt to wear instead/ over the top before going outdoors. Spare clothing will be used when necessary.

Slap on a sun protective hat

- All children and Educators wear hats that protect their face, neck and ears. Bucket hats are provided by Yarrunga Early Learning centre, children and educators may choose to bring their own hat from home, provided it meets sunsafe standards (legionnaire, broadbrimmed or bucket style) Peak caps or visors are not considered a suitable alternative.
- Children who refuse to wear a sun safe hat are required to play in the shade or inside.

Slop on sunscreen

- SPF 30 (or higher) broad-spectrum, water resistant sunscreen is supplied by Yarrunga.
- Parents/ Guardians are encouraged to apply sunscreen before or on arrival.

- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every 2 hours, or more frequently if sweating).
- To help develop independent skills ready for school, children three years of age are given opportunities to apply their own sunscreen under supervision of staff, and are encouraged to do so.
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

Slide on sunglasses (if practical)

- Wherever practical children wear close-fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category, 2, 3 or 4) and cover as much of the eye area as possible.

Learning Skills:

- Sun Protection is incorporated into the learning and development program. Information can be found at www.cancercouncil.com.au or www.sunsmart.com.au
- The SunSmart policy is reinforced by educators and through children's activities and displays.
- Educators, staff and families are provided with information about sun protection through family newsletters, parent handbook and Yarrunga website.
- When enrolling their child, families are:
 - o Informed of Yarrunga's SunSmart policy
 - o Asked to provide covering clothing for their child
 - o Required to give permission for educators to apply sunscreen to their child
 - o Encouraged to use SunSmart measures themselves when at the service.

Work Health & Safety (WHS)

- As Part of our WHS UV risk controls and role-modelling, educators, staff and visitors must;
 - o Wear a suitable sun-protective hat, shirt with collar and, if practical, sunglasses
 - o Apply sunscreen
 - o Seek shade whenever possible.

Monitoring and review

- All staff, including management and educators, monitor and review the effectiveness of this SunSmart Policy and revise the policy when required (at least once every 2 years).
- The SunSmart Policy is available to staff, families and visitors.