

## Early Learning Education and Care Sun Protection Policy



**Submit your Sun Protection Policy.** 

To join the SunSmart program, submit a copy of your Sun Protection Policy to ensure it covers the SunSmart recommendations. We recognise each service faces different challenges and may not be able to implement all recommendations immediately. The good news is you can still join the program. We can help you to identify the recommendations your service is currently implementing and those you can plan to implement in the near future.

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Update your service's Sun Protection Policy to include the recommendations below.
OR
Use the Cancer Council NT's Sample Sun Protection Policy as attached

## This policy will help services meet some of the legislations and standards requirements:

- Sun Safety Policy 2016
- Quality Education and Care NT
- Education and Care Services (National Uniform Legislation) Act 2011
- Education and Care Services National Law Act 2010: Section 167 Protection from harm and hazards
- Education and Care Services National Regulations 2011:

Regulation 100 - Risk assessment for excursions

Regulation 113 – Outdoorspace-natural environment

Regulation 114 – Outdoor space-shade

Regulation 168 – Policies and procedures

(2)(a)(ii) - Sun protection

## Rationale

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. By implementing a best-practice Sun Protection Policy and practices, early childhood education and care services can help protect staff, educators and children from UV radiation and teach children good sun protection habits from an early age. Sun protection practices are required in the Northern Territory all year round whenever UV levels are 3 or above and extra care is needed between 10am-3pm when UV levels reach their peak.

## **Procedures**

To assist with the implementation of this policy, staff 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 **www.bom.gov.au**.

Recommendations (Please tick ✓ which applies.)	Implementing	Planning
<ul> <li>Scheduling outdoor activities (Quality Area 2: Children's health and safety)</li> <li>Minimise outdoor activity between 10am and 3pm during peak UV levels.</li> <li>Sun protection practices are required at all times when outside. Combination of all sun protection measures will be considered when planning excursions and all events held at the service.</li> </ul>		
<ul> <li>Shade (Quality Area 2: Children's health and safety. Quality Area 3: Physical environment.)</li> <li>All outdoor activities will be planned to occur in shaded areas. Play activities will be set up</li> </ul>		
in the shade and moved throughout the day to take advantage of shade patterns.		
The service will provide and maintain adequate shade for outdoor play. Shade options can		
<ul> <li>include a combination of portable, natural and built shade.</li> <li>Regular shade assessments should be conducted to monitor existing shade structures and</li> </ul>		
assist in future plans for additional shade and upgrades.		



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Recommendations (Please tick ✓ which applies.)	
<ul> <li>Hats (Quality Area 2: Children's health and safety)</li> <li>All children are required to wear sun-safe hats that protect their face, neck and ears when outside. Sun-safe hats include: <ul> <li>bucket hats with a deep crown and brim size of at least 6cm</li> <li>broad-brimmed hats with a brim size of at least 7.5cm</li> <li>legionnaire style hats.</li> </ul> </li> </ul>	
<ul> <li>(Please note: Baseball caps or visors are not sun-safe hats.)</li> <li>Children without a sun-safe hat are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with a spare hat.</li> </ul>	
<ul> <li>Clothing (Quality Area 2: Children's health and safety)</li> <li>Staff, educators and children are required to wear sun-safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. Clothing made from cool, densely woven fabric is recommended. This includes wearing:         <ul> <li>loose fitting shirts and dresses with sleeves and collars or covered neckline</li> <li>longer style skirts, shorts and trousers.</li> </ul> </li> <li>(Please note: Midriff, crop or singlet tops are not sun-safe clothing.)</li> </ul>	
Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.	
<ul> <li>Sunscreen (Quality Area 2: Children's health and safety)</li> <li>Staff, educators and children are reminded to apply SPF50+ (or higher), broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming.</li> </ul>	
<ul> <li>Sunscreen is supplied by the service's and/or families.</li> <li>Children are encouraged to apply sunscreen themselves under adult supervision.</li> <li>Sunscreen is stored in a cool, dry place and the expiry date is monitored.</li> </ul>	
<ul> <li>Sunglasses [optional] (Quality Area 2: Children's health and safety)</li> <li>Staff and children are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).</li> </ul>	
<ul> <li>Babies (Quality Area 2: Children's health and safety)</li> <li>Babies under 12 months should not be exposed to direct sunlight when and are to remain in full shade when UV levels are 3 or above outside. They are required to wear sun-safe hats and clothing for best sun protection measures, then sunscreen suitable for babies need only be used occasionally on very small areas of skin. The widespread use of sunscreen on babies under 6 months old is not recommended.</li> </ul>	
<ul> <li>8 Role Modelling (Quality Area 5: Relationships with children)</li> <li>Staff and educators are required to act as role models and demonstrate sun-safe behaviour by:         <ul> <li>wearing a sun-safe hat, clothing and sunscreen, and seeking shade whenever possible</li> </ul> </li> </ul>	
<ul> <li>wearing sunglasses (optional) that comply with the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4)</li> <li>Encouraging families and visitors to role model positive sun-safe behaviour when at the service.</li> </ul>	
<ul> <li>9 Education and Information (Quality Area 1: Educational program and practice.         Quality Area 5: Relationships with children. Quality Area 6: Collaborative         partnerships with families and communities.)</li> <li>Services are required to incorporate sun protection and Vitamin D information regularly into         learning programs and communicate information to staff, educators, families and visitors.</li> </ul>	
<ul> <li>Policy Availability (Quality Area 6: Collaborative partnerships with families and communities. Quality Area 7: Leadership and service management.</li> <li>The Sun Protection Policy, updates and requirements will be made available and actively endorsed to staff, educators, families and visitors through newsletters, notice boards, service website or upon enrolment.</li> </ul>	
<ul> <li>Review (Quality Area 7: Leadership and service management)</li> <li>Management, staff and educators will regularly monitor and review the effectiveness of the Sun Protection Policy.</li> <li>The service's Sun Protection Policy must be updated and submitted to Cancer Council NT every three years to maintain SunSmart status.</li> </ul>	