

Only Early Learning Centre



Sun Safety and Procedures Policy

Centre Policy Number 22

7 Columbia Way Baulkham Hills
Ph- 96808381
Email- info@onlyelc.com.au
Web- www.onlyelc.com.au
FB- @onlyelc

Contents

Sun Safety and Procedures Policy	1
Aim	3
Who is affected by this policy.....	3
Scheduling Outdoor Activities	3
Sun Protection Practices.....	3
Sunscreen	3
Sun Safe Clothing	4
Hats.....	4
Shaded Environments.....	4
Ultraviolet Radiation (UV).....	4
Excursions	4
Babies	5
Role Modelling.....	5
Maintaining Hydration Levels.....	6
Sun Safety Programs.....	6
Sources	7

Aim

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. Only Early Learning Centre aims to contribute to reducing the lifetime risk of skin cancer for children by teaching good sun protection habits from an early age and implementing best-practice sun protection measures. For all children, educators are staff to be protected from over-exposure to UV radiation. To ensure the outdoor environment provides shade for children, educators and staff. To ensure that children are encouraged and supported to develop independent sun protection skills.

Who is affected by this policy

Children
Educators
Staff
Management
Visitors
Families

Scheduling Outdoor Activities

Although Only Early Learning Centre's outdoor environments are covered by a shade roof, there are areas of the yard that are exposed to direct sunlight through windows and glass doors. The following outdoor activity sun protection practices will be followed when children are involved in experiences outside:

October to March – Outdoor activity is minimized between 11am and 3pm. Sun protection practices are required at all times whilst children are in the outdoor environment.

April to September – Outdoor activity can be planned at anytime of the day. Sun protection practices are required between 10am and 2pm except when the UV index is below 3.

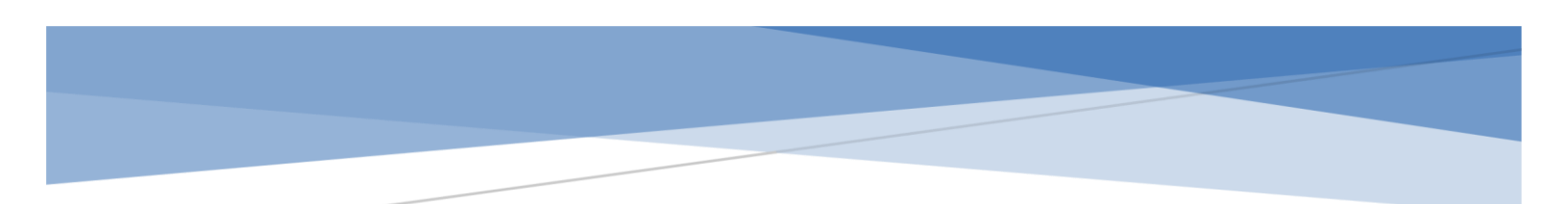
Outdoor play will not occur when the temperature is **33 degrees or above**.

Sun Protection Practices

Sun protection for young children is recommended by SunSmart Australia whenever UV levels reach 3 or higher. As part of the Centre Opening Checklist, educators are responsible for recording the UV levels in the outdoor yard area so that this can be monitored daily.

Sunscreen

Sunscreen will be used as the last line of defence after clothing, a hat, sunglasses and shade. SPF30+ broad-spectrum sunscreen will be applied to children's skin 20 minutes before moving into the outdoor environment. Sunscreen is not required to be applied to children every time they visit the outdoor area, as it is a shaded area. If children are seen to be involved in experiences affected by direct sunlight, they will be assisted to apply sunscreen. Sunscreen application will also be used regularly as part of the Sun Safety programs within each of the classrooms.



Sunscreen will not be applied for children aged under 6 months of age. Physical sun protection will be used instead including shade and clothing.

Within all of the classrooms, children will be educated and encouraged to apply sunscreen on their own.

Sun Safe Clothing

Any skin that is visible can be reached by UV. Children will be encouraged to wear clothing that is cool and loose-fitting. If children are seen to be involved in experiences in direct sunlight, they will be assisted to change into a shirt with covered shoulders.

Hats

Although the outdoor environments at the service are completely shaded, children will be educated on the importance of hats and be encouraged to wear hats. A well-designed hat can substantially reduce the amount of UV radiation reaching the face, neck, ears and head.

Shaded Environments

Well-designed shade is one of the most effective ways to reduce exposure to UV radiation. However, even with good shade children can still be exposed to UV radiation because:

- They are active and move in and out of the shaded areas of the yard into direct sunlight through windows and glass doors
- UV radiation reflects in from the side, or from surfaces and walls – for example, UV radiation can reflect off the sand in sandpits
- Even the best shade can't block out 100% of UV radiation.

Ultraviolet Radiation (UV)

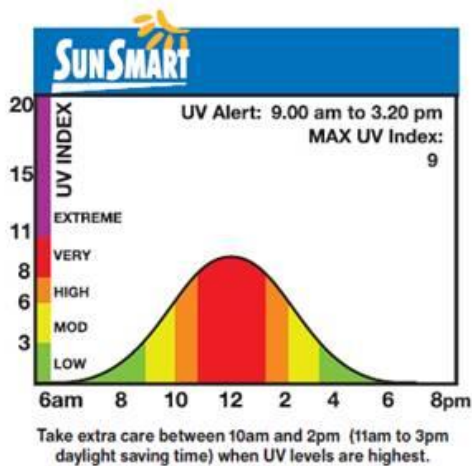
Ultraviolet radiation is a form of energy that is produced by the sun. Our sun produces different kinds of energy:

- Visible light that can be seen (sunlight)
- Infrared red radiation that can be felt (heat)
- UV radiation that can't be seen or felt

Each day, the UV level is recorded in the outdoor environment. Where the UV index is above 3, it is high enough to cause permanent damage to skin. During these times, sun protection practices will be followed. The UV Index is often presented in the shape of a bell curve to show how it changes throughout the day, peaking in the middle part of the day (when the UV radiation is strongest) and gradually dropping throughout the afternoon.

Excursions

Whilst on excursions, all children will be required to wear hats, sun safe clothing and be assisted to apply sunscreen.



Babies

- Babies under 12 months will not be exposed to direct sunlight
- Educators will ensure that babies are wearing protective clothing when in the outdoor environment
- Babies will be kept in the shaded areas of the outdoor environment
- The use of sunscreen on babies under 6 months of age is not recommended and will not be used at the service

Role Modelling

Educators act as role models when demonstrating Sun Safety practices and behaviours including:

- Wearing the centre uniform which includes shirts where shoulders are covered and talking about why this is important
- Applying SPF30+ broad-spectrum sunscreen with the children regularly as part of the service educational programs
- Promote the importance of shade and encourage children to play in shaded areas of the outdoor environment
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service
- Learning about skin and ways to protect skin from ultraviolet radiation from the sun, and embedding this into program experiences
- Educators and families will be provided with educational material on sun protection

Maintaining Hydration Levels

Infants and children's body to water ratio mass is significantly different that from adults, therefore the risk for dehydration from outdoor play and hot weather is high and can be a risk. Water will be offered and available to children throughout the day, regardless of indoor or outdoor play settings. Boiled then cooled water will be offered to babies.

Sun Safety Programs

Sun Safety practices are excellent examples of daily routines with significant potential for valuable learning experiences.

As part of the Early Years Learning Framework children are provided with a focus on Wellbeing. This involves children beginning to learn how to take care of themselves, to stay safe and healthy. Learning to get enough sun exposure, whilst protecting oneself from too much sun is an important life lesson in wellbeing. Only Early Learning Centre will encourage learning by naturally building in conversations and experiences related to Sun Safety messages at times when they will engage children and have meaning for them.

Sun Safety experiences at Only Early Learning Centre aim to:

- Allow the children to collaborate with, teach and learn from each other
- Participate actively in sun protection practices in their daily routines and play
- Gain knowledge and skills related to sun protection and appropriate exposure to the sun
- Appreciate the contribution of sun to good health
- Show initiative and independence appropriate to their skills and abilities in taking some responsibility for their own sun protection practices
- Develop a positive attitude towards skin protection
- Develop awareness of lifestyle practices which can reduce the risk of skin cancer



Sources

National Quality Standards 2018

Quality Area 2: Children's Health and Safety

2.3 Each child is protected

2.3.2 Every reasonable precaution is taken to protect Children from harm and any hazard likely to cause injury

Education and Care Services National Regulations 2011

113 Outdoor space natural environment

114 Outdoor space shade

168 Education and care service must have policies and procedures

SunSmart Website

Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed By: Alex Jury **Date:** 16th April 2019

Approved By: Kelly Williams

Date for Next Review: 16th April 2020