

SUN SAFETY AND PROTECTION

POLICY

The outdoor environment is an important part of children's learning, growth and development and as such children will be provided opportunities to spend time outdoors when the weather is appropriate.

Australia has one of the highest rates of skin cancer in the world. (Cancer Council, 2018). Therefore, family day care Educators within Building Futures Care will implement the Sun Safety and Protection procedure to protect themselves and the children in care from the harmful rays of the sun.

PROCEDURE

Outdoor spaces at the family day care residence or venue must include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun.

Access to the outdoor space during the peak hours (e.g. 10am-3.00pm) is discouraged due to the strength of the sun at this time. Where possible outdoor activities will be planned outside of these peak hours.

During any water play activities undertaken outside, all children are encouraged to wear t-shirts, 'rashies' and/or swim wear that fully covers their trunks.

Educators and Educator Assistants are to ensure that children are appropriately dressed indoors and outdoors and, if necessary, children's clothing is adjusted during the day. Singlets, tank tops and strapless tops are not appropriate summer clothing for children, as it does not provide protection from the sun. Parents are to provide clothing that protects the children's shoulders and arms is to be worn.

Educators and Educator Assistants will be sensitive to the religious and cultural differences in relation to the child's clothing and family preference.

Educators should discuss weather, seasons and appropriate clothing with children. Parents will be provided with information on sun safety.

Sunscreen use is an important way to reduce the risk of skin cancer and sunburn, and a minimum of SPF30+ sunscreen should be used (Cancer Council, 2018).

Parents must provide their children with a broad brim style hat for use at the service and sunscreen with a broad spectrum of SPF30+ or higher to be used at the service. Sun visors and caps are not acceptable forms of sun protection and are discouraged from use. Parents

must ensure all items have their child's name on them, and they have tested the sunscreen on their child at home first.

Educators and Educator Assistants are to wear hats and appropriate sun protection and model this to the children. Educators and Educator Assistants must wear sun safe clothing (e.g. tops with sleeves) and closed in shoes each day. Educators and Educator Assistants must ensure they are applying sunscreen to themselves before going outside in accordance with the instructions on the sunscreen bottle and this procedure.

Wearing sunglasses that meet Australian standards are encouraged for any persons exposed to sunlight within the service.

Educators and Educator Assistants will assist in application of sunscreen to all children before going outside, and reapply regularly as per the sunscreen instructions. Older children in the 2-5 years age groups are encouraged to apply the sunscreen independently in front of a mirror to maximise coverage, and the Educator will monitor this process. Younger children will need to have the sunscreen applied for them by the Educator. The Educator and Educator Assistants should avoid cross-contamination by applying the sunscreen with a new tissue for each child, or thoroughly washing hands in between each child.

The Coordination Unit will ensure we have regular discussions with regarding sun protection for themselves and others.

RELEVANT LAWS, SOURCES AND OTHER PROVISIONS:

Education and Care Services National Law Act 2010

Education and Care Services National Regulations 2011 (113; 114)

Cancer Council Australia

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