

Sun Protection and Clothing



Policy Statement

NBCA strives to minimise skin damage and the risk of developing skin cancer. The services ensure children and staff receive adequate exposure to vitamin D from the sun in the winter months. NBCA has a strong commitment to continuing research in relation to sun protection policies and practices. NBCA services are proudly recognised as 'SunSmart' by the Cancer Council ACT.

Implementation

- NBCA services adhere to national SunSmart standards as regulated by the Cancer Council ACT.
- With Canberra's low daily ultraviolet radiation (UV) levels (under 3) during June and July, sun protection is not recommended. This is to reduce the risk of vitamin D deficiency for healthy bone development and maintenance in people in the ACT region.
- Educators are required to access the daily SunSmart UV Alert. If UV levels are low (1 or 2) it is safe to remain outdoors with minimal protection, and not necessary to apply sunscreen or wear hats during this time.
- Particular care is taken between 10am and 2pm EST. Outdoor activities are minimised when possible between 11am and 3pm during daylight savings time.
- NBCA Services will follow air quality, pollen and thunderstorm health advice and recommendations for outdoor activities.
- NBCA will ensure adequate shaded areas for children to play outdoors, and children are encouraged to use these areas when appropriate. Sun protection is reflected in all outdoor activities by seeking and setting up in shaded areas where possible.
- Infants under six (6) months should be kept out of direct sun exposure. Babies should be well protected by clothing and shade; sunscreen only needs to be applied when direct UV exposure is unavoidable.
- Educators and children will apply SPF 50+ Sunscreen, supplied by the service, to all exposed skin at least twenty (20) minutes prior to going outdoors and reapplied every two (2) hours to ensure effectiveness
- Children are supported to develop independent sun protection skills and given the opportunity to apply their own sunscreen under the supervision of educators. This will be dependent on the children's ability to effectively apply their own sunscreen.
- Children and educators who are allergic to the sunscreen supplied by the service, are to provide an alternative sunscreen as equally protective, and is safe for them to use. Children may be asked to stay indoors when no alternate sunscreen has been provided.
- During colder weather, children may wear a beanie instead of a sun hat.
- Educators will act as role models by wearing a bucket hat supplied by NBCA.
- Sun protective clothing must be worn by children, educators, students and volunteers such as shirts with collars, sleeves, (3/4) preferable, tightly woven fabric and long shorts.
- Children without hats or adequate clothing will be directed to play in shaded or indoor areas.
- Educators are to ensure hats are appropriately labelled and stored correctly.



- The SunSmart message is positively promoted to all stakeholders throughout the year.
- Staff will complete a SunSmart Masterclass or online training every three (3) years provided by the Cancer Council ACT. New staff are encouraged to participate in SunSmart online training

Procedure

- Hats are washed weekly.
- Educators are to wash hands before applying sunscreen.
- Record sunscreen applications, as required.
- Wrap around and close-fitting sunglasses are recommended.
- Sun Protection policy is regularly reviewed by the Cancer Council ACT.

Children's Clothing

- The service will emphasise the importance of appropriate clothing choices to meet developmental, health and safety needs which do not inhibit play.
- Families are encouraged to supply adequate seasonal changes of clothing, clearly labelled for their child.
- NBCA has a limited supply of spare clothing and it is important spare clothing is returned when used by families.
- The service appreciates any donations of children's clothing, which reflects this policy.
- Children will be involved in discussions regarding appropriate clothing and footwear.
- Children not wearing sun safe or appropriate outdoor clothing will be directed to suitable activities, as per Cancer Council ACT SunSmart Guidelines.
- Stories and activities implemented will reflect a wide variety of clothing practices.
- Staff, students and volunteers will be sensitive to children's level of competence and their right to privacy when supervising or assisting with dressing and undressing.
- Shoes may be removed for planned or spontaneous experiences under direct supervision for both indoor and outdoor play Cultural customs will be respected.
- Children's hats and jackets must not contain cords or toggles due to their hazardous nature. It is preferred comforters, such as toys and dummies, do not have cords, chains or toggles.
- A SunSmart hat is provided for children.
- Families are encouraged to regularly check lost property in each room. Staff make reasonable efforts to locate children's missing clothing or belongings. Staff and management cannot be held responsible or liable if such items are damaged or lost. Unclaimed items will be donated to charity, as required.
- Educators assess and monitor individual children's needs for clothing and comfort during rest and play both indoors and outdoors.
- Apron's or smocks will be available and encouraged during creative play experiences.
- Clothing should promote children's self-help abilities.
- NBCA services are mindful of the divided thoughts of superhero play and dress-ups. NBCA will endeavour to stay abreast of current research and practices that reflects service policy.
- Jewellery may be worn at the discretion of the director, this includes cultural or alternate choices. Discussions will be had with staff on the importance of supervision and risk assessments may be completed.
- Any children that identify as non-binary their clothing choices are respected.



Policy Links

Policies:

- Child Protection
- Code of Conduct Families and Visitors
- Workplace Health and Safety

NQS: 2.2, 3.1, 6.2 and 7.2

Regulations: 114 and 168

Sources:

- ACT Health (<https://www.health.act.gov.au/about-our-health-system/population-health/environmental-monitoring/monitoring-and-regulating-air-0>)
- AirRater (<https://airrater.org/>)
- Canberra Pollen Count and Forecast (<https://canberrapollen.com.au/>)
- Cancer Council ACT 2019
- National Quality Framework
- Education and Care Services National Law (2011) - Section 51(1)(a) Conditions on service approval (safety, health and wellbeing of children)
- www.bom.gov.au – UV and Sun Protection times

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