

# Sun Smart Policy

*Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during these early years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.*

## National Quality Standards (NQS)

Quality Area 2: Children's Health and Safety	
2.2	Each child is protected
2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Each child is protected
2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

## Education and Care Services National Regulations

100	Risk assessment must be conducted before excursions
102	Authorisation for excursions
113	Outdoor space: natural environment
114	Outdoor space: shade
168	(2)(a)(ii) Policies and procedures: Sun protection

### PURPOSE:

This SunSmart policy provides guidelines to:

- Ensure all children, educators and staff have some UV exposure for vitamin D.
- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support duty of care and regulatory requirements.
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

### SCOPE:

This policy applies to children, families, staff, management and visitors of the Service.

### IMPLEMENTATION

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements. (Source: SunSmart Program / Cancer Council)

- UV Index – Cancer Council of Australia. <https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>
- Current UV rating with the Bureau of Meteorology. <http://www.bom.gov.au/uv/>
- Sunsmart programs for early childhood services in each state – follow the link below: <https://www.cancer.org.au/preventing-cancer/sun-protection/>

### Outdoor Play

- Ultraviolet (UV) radiation is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.
- Based on the above statement we now rely on the UV Index and Daily Sun Protection Times to manage outdoor play and sun protection.
- The UV Index is reported daily by the Bureau of Meteorology. The alert identifies times during the day when the UV level is 3 or above and sun protection is needed.
- When children are on excursions all sun protection practices are planned, organised, understood and available.

### Shade

- All outdoor activities will be planned to occur in shaded areas. Play activities will be set up 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 include a combination of portable, natural and built shade.
- Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade
- Shade does not guarantee total protection, so hats, protective clothing and sunscreen should be still be used.

### Hats

- Staff and children are required to wear sun safe hats that protect their face, neck and ears.
- A sun safe hat is: Legionnaire hat. Bucket hat with a deep crown and brim size of at least 6cm (adults 6cm). Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

**Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.**

- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

### Clothing

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- This includes wearing: Loose fitting shirts and dresses with sleeves and collars or covered neckline. Longer style skirts, shorts and trousers.

- Children who are not wearing sun safe clothing can be provided with spare clothing or will be required to play under the verandah or in the shade.

**Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.**

### Sunscreen

- Staff and children will apply SPF 50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Permission to apply sunscreen is included in the service enrolment form.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade. Cancer Council recommends usage tests before applying a new sunscreen.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.
- Sunscreen application checklist will be completed to ensure every child has sunscreen applied.

### Babies

- Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside.
- They will wear sun safe hats and clothing and small amounts of SPF 50+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.
- The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin.

### Role Modelling

Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF 50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).
- Families and visitors are encouraged to role model positive sun safe behaviour.
- Monitoring the UV Index and Daily Sun Protection Times and throughout the day.
- Regularly monitoring and reviewing the effectiveness of the Sun Safety Policy
- Submitting the Sun Safety Policy to the Cancer Council every two years to maintain SunSmart status

### Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families and visitors.
- Further information is available from the Cancer Council website <https://www.cancer.org.au/preventing-cancer/sun-protection/>

- The Sun Safety Policy will be made available to all Educators, Staff, Families, and Visitors of the Service to ensure a comprehensive understanding about keeping sun safe.

<ul style="list-style-type: none"> <li>• Australian Children’s Education &amp; Care Quality Authority.</li> <li>• Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011,</li> <li>• ECA Code of Ethics.</li> <li>• Guide to the National Quality Standard.</li> <li>• Occupational Health and Safety Act 2004</li> <li>• Children's Services Act 1996</li> <li>• Supervision in Children's Services. Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15, p. 8-11.</li> <li>• Cancer Council <a href="https://www.cancer.org.au/preventing-cancer/sun-protection/">https://www.cancer.org.au/preventing-cancer/sun-protection/</a></li> <li>• UV Index reported daily by the Bureau of Meteorology <a href="http://www.bom.gov.au/uv/">http://www.bom.gov.au/uv/</a></li> </ul> <p><a href="http://www.imagineeducation.com.au/files/CHC30113/Sunsmart_20Childcare_A_Guide_for_Service_Providers.pdf">http://www.imagineeducation.com.au/files/CHC30113/Sunsmart_20Childcare A Guide for Service Providers.pdf</a></p> <ul style="list-style-type: none"> <li>• Revised National Quality Standard</li> </ul>
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**Source**

<b>Policy Reviewed</b>	<b>Modifications</b>	<b>Next Review Date</b>
September 2019	Minor adjustments made with the addition to more information about the UV Rating, the importance of checking the rating prior to going outdoors to ensure protection and the use of sunscreen on babies.	September 2020
September 2019	Minor adjustments made – adding procedure for LDC and OSHC. Changes to the SPF requirement from SPF 30 + to SPF 50 +	

## SUNSMART PROCEDURE

### LONG DAY CARE:

- Hats on September to May for all educators and children – Sun safe hats only
- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.
- Staff to check the UV rating – checking to see if sunscreen needs to be applied if UV rating is over 3.
- Permission to apply sunscreen is included in the service enrolment form.
- Staff and children will apply SPF 50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen application checklist will be completed to ensure every child has sunscreen applied.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade. Cancer Council recommends usage tests before applying a new sunscreen.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

### OSHC:

- Hats on Term 4 and Term 1 for all educators and children - sun safe hats only
- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.
- Staff to check the UV rating – checking to see if sunscreen needs to be applied if UV rating is over 3.
- Permission to apply sunscreen is included in the service enrolment form.
- Staff and children will apply SPF 50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen application checklist will be completed to ensure every child has sunscreen applied.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade. Cancer Council recommends usage tests before applying a new sunscreen.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

### SUN PROTECTION AGREEMENT AND PERMISSION FORM

I understand Kekeco Childcare Pty. Ltd. is a registered SunSmart Early Childhood Program member and follows SunSmart and Cancer Council Victoria recommendations to use a combination of sun protection measures (hat, clothing, sunscreen, shade, and if practical, sunglasses) from September to the end of April (and whenever UV levels reach three and above) when outdoors. I agree to help support this membership and help minimise my child's potential risk of skin and eye damage and skin cancer by doing the following: (Please tick all that apply)

- To dress my child in cool clothing that covers as much skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts. I understand that singlet tops or shoestring dresses do not provide adequate sun protection and are best when layered with a shirt or t-shirt.
- To remind my child to bring and wear a sun protective hat that shades the face, neck and ears (e.g. wide-brimmed, bucket or legionnaire hat). I understand that baseball / peak style caps do not provide adequate sun protection and are not appropriate for outdoor play.
- To give permission for educators / staff to apply SPF 50 + or higher broad-spectrum, water-resistant sunscreen supplied by the service to all exposed parts of my child's skin including their face, neck, ears, arms and legs.

OR

- give permission for educators / staff to apply SPF 50 + or higher broad-spectrum sunscreen (that I have supplied and labelled with my child/children's name) to all exposed parts of my child's skin including their face, neck, ears, arms and legs. I agree that this sunscreen will be kept at the service and it is my responsibility to make sure there is always an adequate supply available.
- To give permission for educators / staff to assist my child to develop independent, self-help skills by applying SPF 50 or higher broad-spectrum sunscreen to all exposed parts of their own skin including their face, neck, ears, arms and legs. (Recommended from 3+ years.)

Child(ren)'s name(s): \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_ (Please print)

Signature of Parent: \_\_\_\_\_

Date: \_\_\_\_\_