

# Sun Safety 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 the first 15 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 Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	<b>Health</b>	Each child's health and physical activity is supported and promoted
2.1.1	<b>Wellbeing and comfort</b>	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	<b>Healthy lifestyle</b>	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	<b>Safety</b>	Each child is protected
2.2.1	<b>Supervision</b>	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

## Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
<b>113</b>	Outdoor space natural environment
<b>114</b>	Outdoor space shade
<b>168</b>	Education and care service must have policies and procedures

## PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

## SCOPE

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

## IMPLEMENTATION

Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But too much sun can cause skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

### Outdoors Play

- From October to March sun protection is required at all times.
- Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July sun protection is not required. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin.
- Sun protection measures will be considered when planning excursions and incursions.

### 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

### 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 5cm (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.

## GOOLWA CHILDREN'S CENTRE

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

### Sunscreen

- Staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.
- Sunscreen safety check will be recorded.

### 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 SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed 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 SPF30+ 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.
- Record the UV Rating on a daily basis and throughout the day.

### 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 [www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart)
- 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.

Continued:

Source

- Australian Children's Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- ECA Code of Ethics.
- Guide to the National Quality Standard.
- Occupational Health and Safety Act 2004
- Children's Services Act 1996
- Supervision in Children's Services. Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15, p. 8-11.
- Cancer Council  
[www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart)
- SunSmart Child Care  
[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)
- Revised National Quality Standards

Review

Date Reviewed	Modifications	Next Policy Review Date
August 2017	Minor changes made to comply with being a Sun Smart Service	September 2018
October 2017	Updated the references to comply with the revised National Quality Standard	September 2018