

SUN SAFE POLICY

Australia has one of the highest rates of skin cancer in the world. Young children and babies are particularly at risk of skin damage from sunburn due to their sensitive and thin skin. The risk of developing skin cancer later in life is also increased when there is high exposure to UV radiation levels in the first fifteen years of life (Cancer Council Australia).

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	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 lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

RELATED POLICIES

Clothing Policy Health and Safety Policy Physical Environment Policy	Supervision Policy Work Health and Safety Policy
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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

Our Service will work in compliance with the National SunSmart Program to ensure children's health and safety is maintained at all times whilst at the Service.

Some sun exposure is important for vitamin D which is essential for healthy bones, teeth, and muscles and for general health. However, sunlight contains invisible ultraviolet (UV) radiation which can cause skin and eye damage and skin cancer. The amount of sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

OUTDOOR PLAY

- We use a combination of sun protection measures such as protective clothing, hats and sunscreen for all outdoor activities during terms one, three and four and whenever UV radiation levels reach 3 and above at other times.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.
- Care is taken during the peak UV radiation times and outdoors activities are scheduled outside of these times, where possible

SHADE

- Play experiences will be monitored throughout the day and moved as required to remain in the shade.
- Regular assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements.
- Children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade.
- Children without hats or suitable protective clothing will be required to play under man-made shade structures (including the veranda).

HATS

Educators, children, and visitors are required to wear sun safe hats during terms one, three and four when the UV is 3 and above, at other times when they are outdoors. Cancer Council Australia describes sun safe hats as:

- Hats that protect a person's face, neck, and ears, which include:
 - A legionnaire hat – the flap should cover the neck.
 - A bucket hat with a deep crown and brim size of at least 5cm for children and must shade the face, neck, and ears.
 - A broad brimmed hat with a brim size of at least 5cm for children and 6cm for adults. The brim should provide shade for the whole face.

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 dense 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 as possible. Cancer Council Australia recommends clothing that:
 - Covers the shoulders, back and stomach
 - Is loose fitting such as loose-fitting shirts and dresses with longer or elbow length sleeves and collars or covered neckline, or 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 veranda or in dense shade.

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

SUNSCREEN

As per Cancer Council recommendations:

- Staff and children will apply SPF30 or higher 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.

BABIES

Recommendations for babies from the Cancer Council include:

- 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+ or higher 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

The Cancer Council acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. This is also a Work Health and Safety requirement. All educators, staff and visitors at the Service will therefore role model appropriate behaviours by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF 30 or higher broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours if 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.
- Regularly monitoring and reviewing the effectiveness of the Sun Safety Policy (at least every three years).
- Sun protection is used when the UV is 3 and above in term 2.

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.

SOURCE

Australian Children's Education & Care Quality Authority. (2014).

Bureau of meteorology. Home page (for UV Index) : <http://www.bom.gov.au/uv/>

Cancer Council. (2019). UV alert: <https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>

Cancer Council. Home page: <https://www.cancer.org.au/>

Cancer Council. Preventing cancer: Sun protections: <https://www.cancer.org.au/preventing-cancer/sun-protection/>

Children's Services Act 1996

Early Childhood Australia Code of Ethics. (2016).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Standard. (2017).

Occupational Health and Safety Act 2004

Revised National Quality Standard. (2018).

REVIEW

POLICY REVIEWED	SEPTEMBER 2022	NEXT REVIEW DATE	SEPTEMBER 2023
MODIFICATIONS	<ul style="list-style-type: none"> Revision and re-write. 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE
September 2021	Revision and re-write		September 2022
August 2020	Latest updates have been made to comply with the latest recommendations by the Cancer Council of Australia and the Sun Smart Policy		September 2021
May 2019	Latest updates have been made to comply with the latest recommendations by the Cancer Council of Australia and Sun Smart program		September 2019
September 2018	Latest updates include terminology and grammar improvements. Added the section displaying related policies on page 1		September 2019
October 2017	Updated the references to comply with the revised National Quality Standard		September 2018
August 2017	Minor Changes made to comply with being a Sun Smart Service		September 2018