



Sun Protection

Statement

This 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 whenever UV levels reach 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 OHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Goals

A balance of Ultraviolet Radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer in later life. Too little UV from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health Sunsmart 2015.

Strategies

Outdoor Activity

The service will use a combination of sun protection measures whenever UV Index levels reach 3 and above.

This will include:

- 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 outdoor activity can take place at any time. However, from 10am–2pm sun protection is required.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.
- All outdoor activities will be planned to occur in shaded areas.
- The program will be set up in the shade and moved throughout the day to take advantage of shade patterns.



- Babies under 12 months will be kept in dense shade, wear sun-safe hats and clothing, and have small amounts of at least SPF30+ broad-spectrum water-resistant sunscreen applied to exposed skin.
- 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 will be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

- Educators, 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 not considered a suitable alternative.

- 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, educators, 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 will be provided with spare clothing.

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

Sunscreen

- All staff and children will apply SPF30+ broad-spectrum water resistant sunscreen 20 minutes before going outdoors and re-apply every 2 hours.
- Where appropriate, children are encouraged and supported to apply their own sunscreen under the supervision of staff.



Roles and Responsibilities

Approved Provider, Nominated Supervisor, Responsible Person

- Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.
- Ensure children are adequately supervised, are not subject to inappropriate discipline, and are protected from harms and hazards.
- Ensure Sun protection information will be promoted to all staff, families and visitors.
- Provide support and advice to all staff with regard to implementation of the sun protection policy.

Early Childhood Educators and Certified Supervisors

- Adhere to the strategies and practices of the Sun Protection Policy.
- Educators and 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.
 - Check the UV Alert on a daily basis during the summer months at sunsmart.com.au
- Ensure Sun protection messages are incorporated into the learning program for children.

Families

- 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.
- To provide a sun protective hat that shades the face, neck and ears (e.g. wide brimmed, bucket or legionnaire style).
- Give permission for educators/staff to apply SPF 30 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
- To give permission for educators/staff to apply SPF 30 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.
- Encouraged to practise Sun Smart behaviours themselves when at the service.



Monitoring, Evaluating and Review

- This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years. Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved. The sun protection policy is located in the policy folder in the foyer and is available for staff, families and visitors to view at all times.

Sources

Related Guidelines, Standards, Frameworks

National Quality Standard

Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)

Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)

Sources

Australian Children's Education and Care Quality Authority (ACECQA) www.acecqa.gov.au

NSW Cancer Council: www.cancercouncil.com.au

Community Child Care Co-operative