

# 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 Standards (NQS)

Quality Area 2: Children's Health and Safety	
2.3	Each child is protected
2.3.2	Every reasonable precaution is taken to protect Children from harm and any hazard likely to cause injury

## Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
113	Outdoor space natural environment
114	Outdoor space shade
168	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.

This policy aligns with the school Sun Safe Policy.

## 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.

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### Outdoor 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 outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required, following Mt Hawthorn Primary school's policy approach that children still wear a hat or sunscreen during OSCA hours.
- Explain to children throughout the year what UV means:
  - a) Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums (greenhouses) etc.
  - b) The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage.
  - c) UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

### Shade

- All outdoor activities will be planned to occur in shaded areas where possible. 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.

- During vacation care swim activities, children will wear OSCA rashies provided for each swimming activity.

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

### Sunscreen

- Staff and children will apply SPF50+ 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.

### 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.
- Children and staff will wear OSCA rashies provided to them, whenever we go on a water excursion.

### 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).
- UV index number will be monitored on iPone each day to guide educators on the severity of the days UV impact.



**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.

**Review**

Policy Review Date
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