

Sun Protection Policy

Education and Care Services National Law Act 2010

- Section 167 – Protection from harm and hazards

Education and Care Services National Regulations 2011

- Regulation 100 – Risk assessment for excursions
- Regulation 113 – outdoor space-natural environment
- Regulation 114 – outdoor space – shade
- Regulation 168 – policies and procedures – sun protection

Rational

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. By implementing a best practice Sun Smart Policy and practices, early childhood education and care services can help protect educators and children from UV radiation and teach children good sun protection habits from an early age.

Implementation

Scheduling Outdoor Activities – Quality Area 2: Children’s health and safety

The World Health Organization's Global Solar UV Index measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher. The UV level is affected by a number of factors including the time of day, time of year, cloud cover, altitude, location and surrounding surfaces. Before heading outside Educator’s must consult the sunsmart app and make a sun protection decision based on the current UV level, being an overcast or cooler day does not mean the UV will be lower.

The sun protection times are a forecast from the [Bureau of Meteorology](#) showing when UV levels will be 3 and above. At this level there is a risk of skin damage for most Australians.

Outdoor activity times and sun protection practices to include:

October-March: Minimise outdoor activity between 11am and 3pm (daylight saving time). Sun protection practices are required at all times when outside.

April-September: Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm, except in June and July when the UV index is mostly below 3.

All sun protection measures will be considered when planning excursions and all events at the service.

The SunSmart app will be installed on all centre devices so that educators can regularly check the current UV.

Shade – Quality Area 2: Children’s health and safety. Quality Area 3: Physical environment

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 - Quality Area 2: Children’s health and safety

Educators, children and students are required to wear sun-safe hats that protect their face, neck and ears. Sun safe hats include:

- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm)
- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm)
- Legionnaire style hats

Please note: Baseball caps or visors are not sun safe hats.

Children without a sun safe hat are required to play in an area protected from the sun or will be provided with a spare hat.

During the cooler months children and educators are able to wear beanies, during June and July no additional sun safe care is required (ie sun cream) but any other cooler month sun cream is required.

Clothing – Quality Area 2: Children’s health and safety

Educator, children and students are required to wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. Children’s shoulders must be covered at all times (singlet tops should not be wore to the centre). This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline
- Longer style skirts, shorts or trousers

Please note: Midriff, crop or singlet tops are not sun safe clothing

Children without sun safe clothing are required to play in an area protected from the sun or will be given spare clothing.

Sunscreen – Quality Area 2: Children’s health and safety

Educator’s, children and students are required to apply at least SPF 30+ 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 expiry date is monitored.

The widespread use of sunscreen on babies under 6 months old is not recommended.

Babies – Quality Area 2: Children’s health and safety

Babies under 12 months should not be exposed to direct sunlight and are to remain in full shade when outside. They are required to wear sun safe hats and clothing and small amounts of SPF30+ sunscreen suitable for babies can be applied to exposed skin if they are older than 6 months.

Role Modelling – Quality Area 5: Relationships with children

Educators and students are required to act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat, clothing and sunscreen and using shade
- Wearing sunglasses (optional)
- Encourage families and visitors to role model positive sun safe behaviour when at the service.

Education and Information – Quality Area 1: Educational program and practice. Quality Area 5: Relationships with children. Quality Area 6: Collaborative partnership with families and communities.

Services are required to incorporate sun protection information regularly into learning programs and communicate to educators, families and visitors.

Updated: 12/10/2023

Environment

<p>Regs: 100, 113, 114, 116, 168</p> <p>QA2: 2.2.1, 2.1.3</p> <p>QA3: 3.1, 3.1.1, 3.2, 3.2.1</p> <p>QA7: 7.1.2</p>	<p>Seek shade</p> <ul style="list-style-type: none">• The approved provider and nominated supervisor makes sure there are enough shelters and trees providing shade in the outdoor area particularly in high-use areas.• The availability of shade (natural, built, temporary) is considered when planning all outdoor activities.• Children are encouraged to choose and use available areas of shade when outside.• Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.• In consultation with the service's committee, shade provision is considered in future plans and upgrades.• A shade assessment is conducted regularly to determine the current availability and quality of shade.
--	---

Behaviours

<p>Regs: 100, 113, 114, 116, 168, 170, 171, 172</p> <p>QA2: 2.2.1</p> <p>QA3: 3.1, 3.1.1, 3.2, 3.2.1</p> <p>QA7: 7.1.2</p>	<p>Slip on sun-protective clothing</p> <ul style="list-style-type: none">• Children wear loose-fitting clothing that covers as much skin as possible. Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts, skirts and dresses for their child.• If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors. <p>Slap on a sun protective hat</p> <ul style="list-style-type: none">• All children and educators wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket style).• Caps and visors are not considered a suitable alternative.• Children without a sun protective hat are provided with a spare hat where possible. <p>Slop on sunscreen</p> <ul style="list-style-type: none">• SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied by the service and/or families.• Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.• To help develop independent skills ready for school, children from three years of age are encouraged and given opportunities to apply their own sunscreen under supervision of staff.• Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.• Where children have allergies or sensitivities to sunscreen, parents are asked to provide an alternative sunscreen or children are encouraged to play in the shade. <p>Slide on sunglasses [if practical]</p> <ul style="list-style-type: none">• Where practical children wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.
--	---

Learning and skills

<p>Regs: 100, 113, 114, 116, 168</p> <p>QA1: 1.1, 1.1.1, 1.1.3, 1.2, 1.2.2, 1.2.3</p> <p>QA2: 2.1, 2.1.3</p> <p>QA3: 3.2, 3.2.1</p> <p>QA5: 5.2, 5.2.1</p> <p>QA6: 6.1, 6.1.2, 6.1.3, 6.2</p> <p>QA7: 7.1.2</p>	<ul style="list-style-type: none">• Sun protection is incorporated into the learning and development program.• The SunSmart policy is reinforced by educators and through children's activities and displays.• Educators are encouraged to complete Cancer Council's free Generation SunSmart online learning modules.• Children are encouraged to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g., accessing daily sun protection times, hat reminders and supporting sunscreen application.• Educators, staff and families are provided with information about sun protection through family newsletters, service handbook, noticeboards and the service's website. <p>When enrolling their child, families are:</p> <ul style="list-style-type: none">• informed of the service's SunSmart policy;• asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child;• asked to provide written authority for staff to apply sunscreen to their child; and• encouraged to use SunSmart measures themselves when at the service.
--	---

OHS

<p>Regs: 100, 113, 114, 116, 168, 169, 170, 171, 172</p> <p>QA2: 2.2, 2.2.1</p> <p>QA7: 7.1, 7.1.2</p>	<p>As part of Occupational Health and Safety (OHS) UV risk controls and role-modelling, educators, staff and visitors:</p> <ul style="list-style-type: none"> • wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses; • apply sunscreen; and • seek shade whenever possible. <p>• Sun protection considerations and actions are included in risk assessments for excursions and excursion checklists.</p>
---	---

<p>Regs: 100, 113, 114, 116, 168</p> <p>QA2: 2.1.2, 2.2, 2.2.1</p> <p>QA3: 3.2.1</p> <p>QA6: 6.1.2, 6.1.3</p> <p>QA7: 7.1, 7.1.2</p>	<ul style="list-style-type: none"> • All staff, including approved provider, nominated supervisor and educators, monitor and review the effectiveness of our SunSmart policy (with input from families and children where possible) and revise the policy as required. • Our service is committed to our SunSmart membership and complete a policy review and membership renewal with SunSmart at https://www.sunsmart.com.au/advice-for/schools-early-childhood/renew-your-sunsmart-membership - at least once every three years. • As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented. • Our SunSmart policy is available to staff, families and visitors.
---	---

