

▲ SUN PROTECTION

▲ NQS

Element 2.1.1: Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation

Element 2.2: Each child is protected

Element 3.1.1: Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.

Education and Care Services National Regulations: 113, 114, 168(2)(a)(ii)

▲ PURPOSE

This sun protection policy has been developed to protect all children and educators from the harmful effects of ultraviolet (UV) radiation from the sun.

▲ POLICY

It is the policy of the centre to implement practices to ensure children and educators are protected from exposure to the sun.

Australia has one of the highest rates 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.

The centre promotes positive attitudes towards skin protection and routinely takes effective preventative measures throughout the year.

▲ PROCEDURES

To assist with the implementation of this policy, educators and children are encouraged to access the local sun protection times via the SunSmart widget on the service's website, the free SunSmart app or at sunsmart.com.au

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times. The sun protection times are a forecast from the Bureau of



Meteorology for the time-of-day UV levels are forecast to reach 3 or higher.

OUTDOOR ACTIVITIES

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.

State Variations:

Victoria

- Sun protection measures are used whenever UV levels reach three and above. This is typically from mid-August to the end of April in Victoria. Please check the daily local sun protection times to be sure you are using sun protection when it is required.
- Active outdoor play is encouraged throughout the day all year, provided appropriate sun protection measures are used when necessary.

New South Wales

- Sun protection times are a forecast for the time-of-day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas will be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements

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 centre 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.

Surfaces and equipment will be checked as part of the daily morning audit and at subsequent times when going outside to ensure they are not too hot and appropriate actions will be taken to maintain a safe environment for outdoor play.

Hats

Educators 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, educators 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.

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

Sunscreen

All educators and children will apply SPF50+ or above, 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.

Permission to apply sunscreen is included in the enrolment form

If parents do not wish educators to use the service sunscreen they are asked to provide an alternate cream and consent to providing alternate sunscreen.

The Cancer Council recommends usage tests before applying new sunscreen.

To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of staff and are encouraged to do so.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside when UV levels are 3 or higher.

They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied occasionally on very small areas of their exposed skin

Babies clothing, hat and shade positioning will be checked regularly to ensure they continue to be well protected from UV

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

ROLE MODELLING

As part of WHS UV risk controls and role-modelling educators will 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.

EDUCATION AND INFORMATION

- Sun protection will be incorporated regularly into learning and development programs. The SunSmart policy is reinforced by educators and through children's activities and displays.
- Sun protection information will be promoted to educators, families and visitors.
- Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart or call the Sun Smart Information Line on 13 11 20

POLICY AVAILABILITY

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to educators, families and visitors.

▲ SOURCES AND FURTHER READING

- Children Education and Care Services National Law Application Act 2010
- Education and Care Services National Regulations
- SunSmart – Cancer Council Victoria: sunsmart.com.au
- SunSmart – Cancer Council NSW: <http://www.sunsmartnsw.com.au/>
- Risks and Benefit of Sun Exposure – Position Statement; Cancer Council Australia – Sun Smart; www.cancer.org.au
- The shade handbook;
http://www.cancercouncil.com.au/html/prevention/sunsmart/downloads/theshade_handbook.pdf
- Playground news: How hot is too hot
https://www.kidsafensw.org/imagesDB/wysiwyg/PlaygroundNewsIssue392012EmbeddedFonts_2.pdf
- Department of Health and Ageing; <http://www.cancer.gov/types/skin>



- Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1 General considerations, 6.3.9 Shade and sun protection, Appendix A Shade and sun protection

▲ ASSOCIATED POLICIES

- Appropriate Clothing
- Enrolment and Orientation
- Provision of Child Safe Environments

▲ POLICY REVIEW

- The centre (together with educators/carers) will review the effectiveness of the sun protection policy every 12 months. The centre's sun protection policy must be submitted every three years to the Cancer Council for review to ensure continued best practice. Refer to the Cancer Council's guidelines and website www.cancercouncil.com.au/sunsmart for further information.
- The Approved Provider and Centre Director ensure that at all times all educators maintain and implement this policy and its procedures.
- Families are encouraged to collaborate with the Centre to review the policy and procedures.
- **Last review:** 6.12.2023
- **Next review:** 6.12.2024