

# 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

Health and Safety Policy	Supervision 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.

## MONITORING UV LEVELS

Sun protection is required when UV levels reach level 3 or above. Our Service will monitor the UV levels through one or more of the following methods:

- Using the smartphone SunSmart app available at iTunes App Store and Google Play store.
- Viewing the Cancer Council UV Index table available on their home page at <https://www.cancer.org.au/>
- Using the Cancer Council widget on the Service website available at <https://www.cancer.org.au/>
- Viewing the Bureau of meteorology UV Index tab available on their home page at <http://www.bom.gov.au/uv/>

## OUTDOOR PLAY

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 (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July when the UV index is mostly below 3, sun protection is not required.

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

## SHADE

- Sufficient natural, portable, or man-made shade will be provided to allow children to spend time outdoors each day.
- Shaded areas will be chosen for educators to set up play experiences.
- 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 at all times 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 6cm for children or 7.5cm 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 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+ 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.
- Sunscreen safety check will be recorded.

## 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+ 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. 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 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.
- Monitoring the UV Index and Daily Sun Protection Times and throughout the day.
- Regularly monitoring and reviewing the effectiveness of the Sun Safety Policy
- Submitting the Sun Safety Policy to the Cancer Council every two years to maintain SunSmart status.

## 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).

Revised National Quality Standard. (2018).

**DOCUMENT CONTROLS:**

MALLEE KIDS CHILD CARE POLICY	
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<p>This is a policy of the District Council of Karoonda East Murray for the operation of the Mallee Kids Child Care service and will be available for inspection at Mallee Kids Child Care at 12 North Terrace, Karoonda or via the service website, <a href="http://www.malleekids.com.au">www.malleekids.com.au</a> .</p>			