

## Sun Smart Policy

<b>Published</b>	<b>September 2019</b>
<b>Review Date</b>	<b>Marc 2021</b>
<b>Sources</b>	<p>Education and Care Services National Regulations, October 2017</p> <p>Guide to the Education and Care Services National Law and the Education and Care Services National Regulations, October 2017</p> <p>Guide to the National Quality Standard, February 2018</p> <p>The Cancer Council NSW: <a href="http://www.cancercouncil.com.au">www.cancercouncil.com.au</a></p> <p><a href="http://sunsmartnsw.com.au">SunSmart NSW: sunsmartnsw.com.au</a></p> <p>Early Childhood Education and Care SunSmart Policy and National Quality Framework Fact Sheet, April 2013</p> <p>Keeping Our Children Safe: SunSmart Policy and Information for Child Care Services</p> <p>Work Health and Safety Act (NSW) 2012</p>

### Aim:

To promote an awareness of the potential damage that the sun's Ultraviolet (UV) Radiation can cause to skin during childhood, and to ensure that the children and adults of the service receive adequate Vitamin D supply from safe exposure to sunlight. We aim to take a sensible approach to sun protection in our service that empowers children to take responsibility for their own health and wellbeing.

### Explanation:

Exposure to ultraviolet 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, Country Kids Club can help protect staff, Educators and children from UV radiation, and teach children good sun protection from an early age.

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. UV Levels of 3 or above are high enough to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

### Responsibilities:

#### In relation to the Approved Provider and Educators:

- Abide by their obligations under the current Education and Care Services National Regulations and the National Quality Standard in relation to sun safe practices
- Act as a positive role model by promoting positive attitudes for sun safe behaviour
- Use opportunities to discuss with children sun protection and demonstrate a positive approach to the management of sun protection in the service
- Incorporate sun and skin protection awareness activities in the program
- Encourage families and visitors to role model positive sun safe behaviours when at the service

- Stay informed of the lifestyle practices which meets the requirements of best sun safe practice
- Familiarise themselves with information available from the Cancer Council on best sun safe practice
- Maintain SunSmart status by updating and submitting the services Sun Smart Policy to the Cancer Council NSW every 3 years
- Ensure the Sun Smart Policy is available to staff, Educators, families and visitors
- Provide parents with information about sun safe practice at the initial parent registration, in newsletters and on noticeboards
- Ensure sun protection messages are included in the learning program
- Wear a sun safe hat that protects their face, neck and ears:
  - Broad Brimmed hat with a brim size of at least 7.5cm (adults)
  - Bucket hat with a deep crown and a brim size of at least 6cm (adults)
  - Legionnaire style hat
- Wear sun safe clothing that covers as much of the skin as possible, especially the shoulders, back and stomach
- Sun safe clothing includes loose fitting shirts and dresses with sleeves and collars or covered neckline, longer style shorts, skirts and trousers
- It is recommended that appropriate sunglasses that meet the Australian Standard 1067 are worn when outdoors
- Staff and Educators are required to apply at least SPF30+ broad spectrum water resistant sunscreen
- Seek shade whenever possible when supervising outdoors or facilitating children's outdoor play experiences, and on excursions
- Comply with the Sun Smart Policy under the *Work Health & Safety Act (NSW) 2012*
- Educators are required to provide at least SPF 30+ broad-spectrum water-resistant sunscreen for children to apply in line with the directions displayed on the product used, and in consultation with parents
- Sunscreen should be kept in a cool, dry place and the use by date monitored
- Sunscreen should be applied at least 20 minutes prior to exposure to the sun or according to the directions and should be re-applied every 2 hours
- Sunscreen will be used in addition to, not as a substitute for other sun protection measures
- Children are required to wear a sun safe hat (hats must be broad brimmed, bucket or legionnaire style) and sun protective clothing, and seek shade whenever possible when outdoors
- Children not wearing a sun safe hat or sun safe clothing will be required to play in the shaded or sheltered areas
- Provide adequate shade in outdoor play areas
- Ensure outdoor activities are set up in the shade and moved throughout the day to take advantage of shade patterns
- Shade can be provided by either natural, built, portable or a combination of all three
- Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade
- UV levels and daily sun protection times are used to plan daily activities
- Ensure that when planning regular outings or excursions that all sun protection measures are considered
- The UV index rating needs to be checked daily, and can be checked by visiting the following websites:
  - [www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv)

- [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)
- It is important to use a combination of sun protection measures whenever UV index levels reach 3 and above. This will include:
  - **October to March**  
Sun protection 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 and the length of time children are outside.
  - **April to September (excluding June and July)**  
Outdoor activity can take place at any time, however, from 10am -2pm sun protection is required
  - **June and July**  
The UV index is mostly below 3 and sun protection is not required. However, there may be days that the UV rating is above 3 during these months, so proper sun safe practices need to be maintained on these days. Always check the UV rating before making a decision about sun protection.

#### **In relation families to:**

- Inform Educators if their child is over sensitive to the sun
- Supply sunscreen and hats as requested by the Educator
- Apply sunscreen to their child before attending the service each day
- Work with the Educators to promote positive attitudes towards sun safe behaviour with the children
- Provide a sun safe hat for their child to wear that protects their face, ears and neck:
  - Broad Brimmed hat with a brim size of at least 6cm
  - Bucket hat with a deep crown and a brim size of at least 5cm
  - Legionnaire style hat
- Provide suitable clothing which covers as much skin as possible including the shoulders, back and stomach i.e. collars, covered necklines, sleeves, longer skirts. Singlet and midriff tops are not recommended

#### **In relation to Children:**

- Children will be provided with opportunities to take leadership roles in managing sun protection
- Children will be encouraged to access the internet/newspaper to check the UV ratings for the day and advise Educators of the times when the UV Index will be 3 or above
- Opportunities for children to set alarms for when the UV index increases above or drops below 3 will be provided and children assigned duties regarding UV reminders, hat reminders and management of sunscreen
- Children will be reminded that they can remove their hats when the UV index falls below 3

#### **Continual Monitoring and Improvement:**

Continual improvement and monitoring will occur in the following ways:

- Incidental and planned consultation with families
- Approved Provider and Co-ordination Unit Staff accessing current relevant information
- Approved Provider, Co-ordination Unit Staff and Educators accessing current and relevant training
- Internal evaluation of incidences and the improvement of systems

**Policy Review**

<b>Date Revised</b>	<b>Comments</b>
April 2016	Scheduled Policy Review – No changes made
September 2019	Scheduled Policy Review – Updated to ensure meeting Cancer Council SunSmart Guidelines