

Policy Statement

This policy acts to ensure that:

- We are committed to providing children with a safe environment that provides shade and other sun protection to support their learning and opportunities for play

Explanation

Australia has the highest rate of skin cancer in the world. Skin cancer including melanoma and non-melanoma is the most common cancer in Australia.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. The vast majority of skin cancers, including melanoma are caused by over-exposure to UV radiation from the sun. By implementing a best-practice sun smart policy and practices, Country Children's Early Learning can help protect staff, Educators and children from UV radiation, and teach children good sun protection habits from an early age to reduce their risk.

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.

Goals

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

Policy Created
February 2016

Policy Last Updated
April 2024

Policy Review Date
March 2026

Roles and Responsibilities

Approved Provider, Coordinators & Educators

- Outdoor play experiences are an important part of our children's healthy growth, learning, wellbeing and development. We ensure that the outdoor environment offers the required shade and other sun protection measures are implemented by the Educators
- Act as positive role models by promoting positive attitudes and sun safe practices
- Create opportunities for children to learn and develop, this includes incorporating sun protection awareness and experiences into the program
- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements
- Sun protection is included in service participation risk assessments, including regular outings and excursions where all sun protection practices are planned, organised, understood and available
- Use opportunities to discuss with children sun protection and demonstrate a positive approach to the management of sun protection in the service
- 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 practices
- 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
- Ensure that when planning Regular Outings or Excursions that all sun protection measures are considered
- Provide parents with information about sun safe practices, including appropriate hats, clothing and sunscreen at the initial parent registration, in newsletters and on noticeboards
- Provide families with access to the service SunSmart Policy on the Service website
- 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
 - NB - Baseball caps or visors do not provide enough sun protection and therefore are not recommended

- It is recommended that appropriate sunglasses that meet the Australian Standard 1067 are worn by children and Educators when outdoors
- The availability of shade is considered for all outdoor activities, regular outings and excursions
- Shade options are provided, maintained and promoted to the children
- Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns
- Shade options can include a combination of portable, natural and built shade
- Regular shade assessments and the monitoring of existing shade structures are conducted to assist in planning for additional shade
- Comply with the Sun Smart Policy under the *Work Health & Safety Act (NSW) 2012*
- Permission to apply sunscreen is included in the enrolment form, and where children have allergies or sensitivity to sunscreen, families are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade
- Children under 12 months of age are not to be exposed to direct sunlight, they should remain in the shade
- Children under 12 months, but over 6 months should only have small amounts of SPF 30+ (or higher) broad spectrum water resistant sunscreen applied to their exposed skin
- Children 12 months and under should have clothing, hat and shade positioning checked regularly to ensure they continue to be well protected from UV
- Educators are required to provide SPF 30+ (or higher) broad-spectrum water-resistant sunscreen for children to apply in line with the directions displayed on the product 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
- Where a new sunscreen is being applied, the Cancer Council recommends a usage test before applying
- Educators to role model appropriate application of sunscreen
- Encourage children to apply their own sunscreen with the support and supervision of Educators
- 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 and staff are required to wear SunSmart clothing that covers as much skin (especially the shoulders, back and stomach) as possible
- Children without SunSmart clothing are encouraged to play in an area protected from the sun (e.g., under shade, veranda or indoors) or are provided with spare clothing
- SunSmart clothing includes wearing:
 - Loose fitting shirts and dresses with sleeves and collars or covered neckline
 - Longer style skirts, shorts and trousers
 - Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended
- UV levels and daily sun protection times are used to plan daily activities
- The UV index rating needs to be checked daily, and can be checked by visiting the following websites or apps:
 - www.bom.gov.au/weather/uv
 - www.cancerCouncil.com.au/sun
 - Sunsmart App
- It is important to use a combination of sun protection measures whenever UV index levels reach 3 and above, this will include:
 - 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 should 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
 - UV radiation exposure is considered as part of a service's risk management and assessment for all outdoor events and activities on and off-site
 - When children are on excursions all sun protection practices are planned, organised, understood and available

Families

- Inform Educators if their child is oversensitive to the sun
- 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
- Where their child has sensitivity to sunscreen, provide sunscreen that is suitable for them to use

- 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

Children

- Children will be provided with opportunities to take leadership roles in managing sun protection
- Children will be encouraged to access the internet 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
- Where applicable children will be encouraged to apply their own sunscreen, with guidance from Educators

Continual Monitoring and Improvement

Continual improvement and monitoring will occur in the following ways:

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

LINKS TO:

- **Education & Care Services National Law**
Section 167
- **Education & Care Services National Regulations**
100, 113, 114, 116, 168, 169, 170, 171, 172
- National Quality Standards/Elements:**
1.1, 1.2, 1.3, 2.1, 2.2, 2.2.1, 3.1, 3.2, 3.2.1, 6.1, 5.2, 6.1.3, 7.1.2
- **Child Safe Standards**
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

SOURCES

- Education and Care Services National Regulations
- Education and Care Services National Law
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations
- Guide to the National Quality Standard
- Implementing the Child Safe Standards: A Guide for Early Education and Outside School Hours Care Services, NSW Department of Education
- A Guide to the Child Safe Standards, NSW Office of the Children's Guardian
- ACECQA – FDC Approved Provider compliance responsibilities
- Be You
- My Time Our Place: Framework for School Age Care in Australia
- The Early Years Learning Framework
- ECA Code of Ethics
- United Nations Convention on the Rights of the Child
- The Cancer Council NSW
- SunSmart NSW
- Early Childhood Education and Care SunSmart Policy and National Quality Framework Fact Sheet
- Keeping Our Children Safe: SunSmart Policy and Information for Child Care Services
- Work Health and Safety Act (NSW) 2012

LINKS TO OTHER POLICIES:

- Child-Safe Environment
- Enrolment & Orientation
- Governance & Management
- Interactions with Children
- Regular Outings & Excursions