

Sun Safe Policy

2018

National Quality Standard

QA 2	Children's Health & Safety
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National Regulations

114	Outdoor Space - Shade
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Aim

This sun protection policy has been developed to protect all children and staff from the harmful effects of UV radiation from the sun and reduce their risk of developing skin cancer.

Australia has the highest rate of 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 to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. Childcare services can contribute to reducing the lifetime risk of skin cancer for children by teaching good sun protection habits from an early age and implementing best-practice sun protection measures.

Who is affected by this Policy?

- * Management
- * Educators
- * Children
- * Families

Implementation

The Centre 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 when outside. 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 outdoor activity can be planned at any time. However, from 10am-2pm sun protection is required, except in June and July when UV index is mostly below 3. All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions).

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 will include a combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

Staff and children are 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 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 or veranda), 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 (especially the shoulders, back and stomach) as possible. This includes wearing:-

- * Loose fitting shirts and dresses with sleeves and collar or covered neck line.
- * Longer style skirts, shorts and trousers.
- * Children who are not wearing sun safe clothing will 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 staff and children will apply SPF30+ 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.

Role Modelling

Staff will act as role models and demonstrate sun safe behaviour by:-

- * Wearing sun safe hats (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 the learning program. Sun protection information will be promoted to staff, families and visitors. Further information is available from Cancer Council NSW's website. www.cancercouncil.com.au/sunsmart.

Sources

- * Cancer Council NSW, www.cancercouncil.com.au/sunsmart
- * Cancer Council, Sun Smart Programs – State initiatives
- * Early Childhood Australia: <http://www.earlychildhoodaustralia.org.au/>
- * Fairwork: <http://www.fairwork.gov.au/Pages/default.aspx>
- * Privacy Act: <http://www.privacy.gov.au/law/act>
- * Safework Australia: <http://safeworkaustralia.gov.au/Pages/default.aspx>
- * The Australian Children’s Education & Care Quality Authority: <http://www.acecqa.gov.au/>

Review

Last Reviewed: 17/52018

Date for Next Review: May 2019