



Sun Safe Policy

National Quality Standards:

Area 2 - Children's Health and Safety

Standard 2.1 - Health

Elements:

2.1.1: Wellbeing and comfort

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

2.1.3: Healthy lifestyle

Healthy eating and physical activity are promoted and appropriate for each child.

Standard 2.2 - Safety

Element:

2.2.1: Supervision

At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Children (Education and Care Services) National Regulations (2011 SI 653):

Reg. 113	Outdoor space—natural environment
Reg. 114	Outdoor space – shade
s 168	Education and care service must have policies and procedures

Related Policies:

- Administration of First Aid
- Dealing with Medical Conditions/Medical Administration
- Incident, Illness, Trauma and Accident
- Providing a Child Safe Environment
- Water Safety



Policy Statement:

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that makes them at high risk of sunburn and skin damage. Exposure to the sun during the first 15 years of life can greatly increase the risk of developing skin cancer as an adult. Early Childhood Services play a major role in minimising a child's UV exposure, as children attend school and OSHC Services during times when UV radiation levels are the highest.

Some sun exposure is important for individuals (children and adults) to gain vitamin D, which is essential for healthy bones (vitamin D helps regulate the amount of calcium and phosphate in the body), teeth, muscles and overall, for general health. However, too much sun exposure can cause skin and eye damage, and ultimately lead to skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Purpose:

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation that emits from the sun.

Scope:

This policy applies to children, families, staff, management and visitors of the Service.

Implementation:

Play Outdoors:

- Each day, if the UV level is 3 or above, sun protection (hats and sunscreen) is required at all times, even on shady days.
- The UV level will be updated each day using the *SunSafe App* and will be recorded for parents and children to see on the notice board.
- Sun protection measures will always be implemented when on excursions.

Shade:

- All outdoor activities will be planned to occur in areas with at least 50% shade. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.



- The Service 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.

Hats:

- All Adventure OSHC staff and children are required to wear sun safe hats that protect their face, neck and ears.
- **A sun safe hat:** 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).
- 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). Children can obtain a spare hat from one of the Educators.
- *Baseball caps or visors do not provide enough sun protection and are not recommended.*

Clothing:

- When outdoors, Adventure OSHC staff and children will wear sun safe clothing that covers as much of the skin (especially shoulders, back and stomach as possible). Staff must wear shirts that cover shoulders.
- **Examples of appropriate sun safe clothing are:** loose fitting shirts and dresses with sleeves and collars, clothing with a covered neckline, longer skirts, shorts and trousers.
- Children who are not wearing sun safe clothing will be required to play in shaded areas.
- *Midriff, crop or singlet tops do not provide enough sun protection and are not recommended.*

Sunscreen:

- Staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen before going outdoors. Sunscreen will be reapplied every two hours.
- Sunscreen is stored in a cool, dry place and the use-by date is monitored by Adventure OSHC staff.
- A sunscreen safety check will be recorded each day.

Role Modelling:

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

- Wearing a sun safe hat (please see *Hats*),



- Wearing sun safe clothing (please see *Clothing*),
- Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outside,
- Using and promoting shaded areas,
- Record the UV Rating using the *SunSafe App* on a daily basis (please see point 2 in *Play Outdoors*),
- Wearing sunglasses that meet the Australian Standard 1067 (optional),
- Families and visitors are also encouraged to promote and role model positive sun safe behaviour.

Education and Information:

- Sun protection will be incorporated regularly into learning programs,
- Sun protection information will be available for staff, families and visitors,
- Further information is available from the Cancer Council website:
<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools>
- Our Sun Safe Policy will be made available to all Educators, staff, families and visitors of the Service to ensure a comprehensive understanding about the importance of keeping sun safe.

Sources:

- National Quality Framework
- Education and Care Services National Regulations (2011 SI 653)
- Cancer Council Website

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Reviewed	11 September 2023 - Minor changes (formatting), related policies added
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