

Sun Safety Policy

Australia has the highest rate of skin 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 during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But too much sun can cause skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Brunswick Crèche has a duty of care to ensure that all persons are provided with a high level of sun protection during the hours of the centre's operation.

It is understood by educator, children and families that there is a shared responsibility between the centre and other parents that the Sun Protection Policy and procedures are accepted as a high priority.

In meeting the centre's duty of care, it is a requirement under the Work Health & Safety Act that management and educator implement and endorse the centre's Sun Protection Policy, and ensure a level of protection to all persons who access the centre's facilities and/or programs.

This SunSmart Policy has been developed to:

- Ensure all children and educators get some UV for vitamin D.
- Encourage children and educators to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- Work towards a safe outdoor environment that provides shade for children and educators at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new educators are informed of the centre's sun protection policy.

Educator WHS and Role modelling

As part of WHS UV risk controls and role-modelling, when the UV is 3 and above educators:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30+ or Higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible
- Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.

Managing the physical environment

Educators are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

SunSmart UV Alert: www.sunsmart.com.au

Time of UV radiation exposure

From September to April in Victoria

When UV index levels reach 3 and above, a combination of sun protection measure are used whenever outdoors including:



Maintaining hydration levels

- Infants and children's body/water ratio mass is significantly different than from adults, therefore the risk for dehydration from outdoor play and hot weather is high and can be dangerous.
- Water will be offered to children throughout the day regardless of indoor or outdoor play settings.
- Children are able to bring in water bottles from home and are encouraged to access water to drink throughout the day.

Families

- Sun safety information will be displayed on notice boards.
- Families will be encouraged to implement the centre's sun protection behaviours and practices when engaged in centre experiences and excursions. For example, parents must wear a sun protective hat when volunteering on excursions.

From May to August in Victoria

When average UV index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods

Protective Behaviours and Practices

Our Service will work in collaboration with the VIC SunSmart Program to ensure children's health and safety is maintained at all times whilst at the service. We will use the SunSmart UV Index tool to ensure we are protecting children and staff from UV radiation. The UV Index will be used when:

Planning or participating in outdoor activities

Undertaking recreational activities – for example munch and move

1. Outdoor Activities

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. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.
- Educators continuing to check the UV rating prior to going outdoors and as the heat increases throughout the day.

2. Shade

The centre will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built 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 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

3. Hats

Educators and children are required 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 size of at least 5cm (adults 6cm). Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).
- Due to the risk of children becoming entangled in hat cords and choking, the centre recommends that the cords are removed from hats.
- 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) Therefore, children without hats will be restricted to shaded areas when outdoors if children cannot be supervised indoors
- Spare hats may be available for children who do not have a hat. The centre will ensure that hats are laundered after each use to minimise cross infection (for example, head lice).

Please note: Baseball caps or visors are not sun safe because they do not provide enough sun protection.

4. Clothing

When outdoors, educators, volunteers, students and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible

- This includes: Loose fitting and closely woven fabrics assist in protecting children from exposure to the sun.
- Dark coloured clothing that is made from cool, densely woven fabric.
- It is recommended that shirts have a collar to protect the nape of the neck and long sleeves.
- Longer style tops, shorts and trousers are acceptable items of clothing to protect children from the sun.

Please note: Sleeveless shirts, dresses and singlets are not considered as appropriate clothing to protect children from the sun. Children may need to change their clothing or not allowed to access outdoor play.

5. Sunglasses

- Children who choose to wear sunglasses will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4), are preferable marked eye protection factor 10, cover as much of the eye area as possible and have soft elastic to keep them in place.

6. Sunscreen

- Educators and children will apply SPF30+ broad-spectrum water-resistant Sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen will be stored in a cool, dry place and the use-by-date monitored. Authorisation to apply Sunscreen will be obtained from parents.
- Children and babies may not be able to play Outside if we are not authorised to apply sunscreen
- Sunscreen must be applied at least 20 minutes before commencing outdoor play and reapplied every two hours, (or as per manufacturer's instructions). Parents must apply sunscreen to children before drop off at crèche.
- Some children may present an allergic reaction to sunscreen. In this situation, the centre will stop applying the sunscreen, notify the family and request that a hypoallergenic sunscreen be supplied by the family for the child to use.
- From 3 years of age, children are encouraged to apply their own sunscreen under the supervision of educators

7. Babies (under 12 Months)

- When UV levels reach 3 or above babies will not be exposed to direct UV and they will be kept in the shade at all times. Their skin will always be well protected.
- 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 Australasian College of Dermatologists does not recommend the widespread regular use of chemical sunscreens in very young babies (less than six months of age), as they absorb more of any chemical applied to the skin than adults. Sunscreens should be applied to areas of the skin not protected by clothing. The American Academy of Pediatrics has stated that sunscreens may be used on infants younger than six months on small areas of skin if adequate clothing and shade are not available. Source: Cancer Council Australia

8. Role Modelling

Children learn through example and role modeling is an important strategy in children's centre's to Maintain quality standards. Educator, students and volunteers must comply with the Sun Protection Policy as per Occupational Health & Safety Act

Educators and staff will act as role models and demonstrate sun safe behaviour 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 and reapplying every 2 hours
- Using and promoting shade
- Wearing sunglasses that meet the Australian Standard 1067.
- Families and visitors are encouraged to role model positive sun safe behaviour.

9. Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to educators, families and visitors.
- Further information is available from the Cancer Council website <http://www.cancervic.org.au/>

10. Policy Availability

- The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to educators and staff, families and visitors in our Parent Handbook and through other Centre communications.

11. Review

- The Nominated Supervisor will monitor and review the effectiveness of our sun protection policy regularly, a+t least once every 12 months.

Source: The Cancer Council of Victoria – www.sunsmart.com.au Education and Care Services National Regulations 2011, Early Years Learning Framework, National Quality Standard, Occupational Health & Safety Act 2004, Cancer Council VIC Sample Sun Protection Policy Children's Services Act 1996, Supervision in Children's Services. Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15, p. 8-11.

Date Implemented: 16/04/2012

Review Completed: 21/02/2017

Schedule for Review: 21/02/2018

National Quality Standard – NQS

Quality Area 2: Children's Health and Safety

2.1	Each child's health is promoted.
2.1.1	Each child's health needs are supported
2.3	Each child is protected
2.3.1	Children are adequately supervised at all times
2.3.2	Every reasonable precaution is taken to protect Children from harm and any hazard likely to cause injury



Education and Care Service National Regulations

113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

