

Sun Protection Policy

This policy applies to all centre events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

Objectives

This Sun Protection Policy has been developed to:

- Encourage positive attitudes towards skin protection
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- Ensure all children and staff have some UV radiation exposure for vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of the centre's Sun Protection Policy.

Legislation

This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010*:
Section 167 – Protection from harm and hazards
- *Education and Care Services National Regulations 2011*:
Regulation 100 – Risk assessment must be conducted before excursion
Regulation 113 – Outdoor space–natural environment
Regulation 114 – Outdoor space–shade
Regulation 168: Policies and procedures (2) (a) (ii)–sun protection

National Quality Standards

All of the following Sun Smart procedures link to:

Quality area 2: Children's health and safety

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

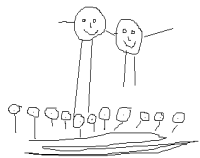
Quality area 7: Governance and Leadership

Procedures

Staff are encouraged to access the daily sun protection times on the Sun Smart app,

www.myuv.com.au or at bom.gov.au/uv/index.shtml to assist with implementing this policy.

In line with the Department for Education requirements and Sun Smart guidelines we use a combination of sun protection measures for all outdoor activities from 1 August to 30 April and whenever UV radiation levels reach 3 and above at other times.



1. Clothing

Quality area 2: Children's health and safety

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they must wear a t-shirt/shirt over the top before going outdoors.

2. Sunscreen

Quality area 2: Children's health and safety

SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children's use.

Parents are asked to apply sunscreen to their child prior to arrival, sunscreen is available at the Centre for use.

Sunscreen is applied before lunch so that it is applied at least twenty minutes before going outdoors.

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

Children are encouraged to apply their own sunscreen under the supervision of staff.

3. Hats

Quality area 2: Children's health and safety

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

4. Shade

Quality area 2: Children's health and safety

Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade
- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area
- The availability of shade is considered when planning excursions and all other outdoor activities
- Children are encouraged to use available areas of shade when outside
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

5. Sunglasses [optional]

Quality area 2: Children's health and safety

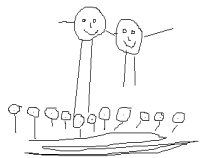
Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:1.2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Babies

Quality area 2: Children's health and safety

Our Sun Smart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above.

Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.



6. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- Informed of the centre's Sun Protection policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- Asked to provide a named container of SPF 30 or higher, broad spectrum, water resistant sunscreen in original packaging, appropriate to their child's needs where sensitivity to sunscreen products exists
- Required to give permission for staff to apply sunscreen to their child

Families and visitors are:

- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.

7. Staff WHS and role modelling

Quality area 5: Relationships with children

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

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 (or higher) broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

8. Education

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

- Sun protection and vitamin D are incorporated into the learning and development program
- The Sun Protection policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information on sun protection through our Facebook Group, noticeboards and the Centre's website.

9. Policy review

Quality area 7: Governance and leadership

Management and staff:

- Monitor review the effectiveness of the Sun Protection policy
- Revise the policy when required (at least once every three years).