

This policy applies to all service 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 10 years of life is a major factor in determining future skin cancer risk. Too little UV 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 SunSmart Policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above AND from 1st August to 30th April.
- ensure a safe outdoor environment that provides shade for children and staff at appropriate times
- ensure all children and staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure that families and new staff are informed of the service's SunSmart Policy

Staff are encouraged to access the SunSmart UV Alert at www.cancersa.org.au/early-childhood or the Advertiser 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 1 August to 30 April and whenever UV levels reach 3 and above at other times. Care is taken during the peak UV radiation times (middle of the day) and outdoor activities are scheduled outside of these times, where possible.

A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

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 SunSmart 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: Leadership and service management

Procedures

1. Clothing

Quality area 2: Children's health and safety

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible.
- Clothing made from cool, closely woven fabric is recommended.
- Tops that cover the shoulders and, if possible, elbow length sleeves, collars and knee length or longer style shorts and skirts are best.
- If a child is wearing a singlet top or singlet dress they 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
- Sunscreen is applied at regular intervals when children are outdoors (when UV is 3 or greater and from 1st August to 30th April) – by 10:30am, at lunchtime, by 2pm. It is applied more frequently during water play when required.
- Parents and caregivers are expected to apply sunscreen to their children's skin before Kindergarten between 1 August and 30 April and each day the UV rating is expected to be 3 or above. If sunscreen hasn't been applied at home, sunscreen is available on the outdoor trolley for parents to apply it. In an emergency situation, parents need to inform staff that it has not been applied and staff will ensure sunscreen is applied.
- Children are supervised and supported by staff to apply their own sunscreen when required.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

3. Hats

Quality area 2: Children's health and safety

- All children are required to wear hats that protect their face, neck and ears, ie. legionnaire, broad brimmed or bucket hats. Children are given one free hat after their first term's fees are paid.

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- Baseball or peak caps do not fully protect children's face, neck or ears and are not a suitable alternative.
- The centre has some spare hats for children.

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 are 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 during peak UV radiation times.
- Children who do not have an appropriate hat 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 allowed to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

6. Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- informed of the Kindergarten's SunSmart policy
- asked to provide a suitable hat for their child – children are given a free bucket hat when families pay the first Term fees.
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (ie. that cover the shoulders and chest, upper arms and legs)
- asked to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their child if their child is allergic to the sunscreen we use at Kindergarten
- required to give permission for staff to support their child in applying their own sunscreen
- asked to support their child apply sunscreen before Kindergarten when the UV rating for the day is 3 or above AND between 1st August and 30th April.
- encouraged to practice SunSmart behaviours themselves when at the service.

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 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.
- 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 service.

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 SunSmart policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.

9. Review

Quality area 7: Leadership and service management

Management and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every two years).

Policy accepted: August 2020

Date of next policy review: August 2022

This policy has been developed and adapted from the Cancer Council sample Sunsmart Policy.

<https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres/sunsmart-policy-information>

Relevant resources

- **SunSmart UV Alert:** available as a free SunSmart app, online (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/all-sunsmart-resources/sunsmart-app-and-widget>), in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Be SunSmart, Play SunSmart** by Anne Stonehouse Includes suggested play experiences to help encourage children to play the SunSmart way and incorporates concepts from the new learning and development frameworks (see link below).
- **A range of resources for early childhood services** is available at <http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>