



Sturt Street
Children's Centre
for Early Childhood
Development and Parenting



Sun Protection Policy

This policy operates from August 1st until April 30th, and whenever the UV is 3 and above. At other times extra care must be taken during the peak UV radiation times of the day when the UV is at its highest. It applies to all Centre activities on and offsite. Educators are encouraged to access the daily sun protection times via Sun Smart app and/or www.bom.gov.au/sa/u to assist with implementing this policy.

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 during childhood and adolescence 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. Using sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of earth to the sun, but are unrelated to temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

Objectives

This Sun Protection policy has been developed to:

- encourage children and educators to use a combination of sun protection measures whenever the UV index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and educators at appropriate times
- assist and support children to be responsible for their own sun protection
- ensure families and new educators 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.



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National Quality Standards

All of the following sun protection 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, or at bom.gov.au/uv/index.shtml to assist with implementing this policy. If the temperature is above 30degrees outdoor activity will be limited. If the temperature exceeds 36degrees Celsius children will remain indoors. Individual needs will be taken into account.

We use a combination of sun protection measures for all outdoor activities during 1st August until 30 April and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

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 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. There is a sunscreen station in every room and outdoor area.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Children, once old enough, 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.



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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 ensures 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. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. Babies

Quality area 2: Children's health and safety

Our SunSmart 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.

7. 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 or purchase a suitable hat (legionnaire or broad brimmed) 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 SPF 30 or higher, broad spectrum, water resistant sunscreen for their child, if they do not want use our sunscreen that is water resistant and SPF 50.
- required to give permission for staff to apply sunscreen to their child
- 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.



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8. 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, educators:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

9. 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 is 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 family newsletters, noticeboards and the Centre's website.

10. Policy review

Quality area 7: Governance and leadership

Management and educators monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

Source

- Cancer Council SA- www.sunsmart.org.au
- Safeworkaustralia.gov.au/doc/guide-exposure-solar-ultraviolet-radiation-uvr
- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) arpansa.gov.au
- Bureau of Meteorology (BOM) bom.gov.au/uv/index.shtml

Policy name	Sun Smart Policy
Policy written	2016
Last review	March 2019
Next review	March 2022