

## Sun Smart 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 Smart 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
- 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 Smart 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

### Procedures:

Staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (August until the end of April) and whenever UV radiation levels reach 3 and above at other times.

### 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: Leadership and service management

### 1. Clothing

#### Quality area 2: Children's health and safety

When outside, children are encouraged to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best.

### 2. Sunscreen

#### Quality area 2: Children's health and safety

- SPF 30 or higher, broad spectrum and water-resistant sunscreen is available for staff and children's use
- Sunscreen is applied at morning and lunch group times and at least twenty minutes before going outdoors.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.
- Where children have allergies or [sensitivities to sunscreen](#), parents are asked to provide an alternative sunscreen

### 3. Hats

#### Quality area 2: Children's health and safety

- All children are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats.
- Children without a sun protective hat are provided with one where possible.

### 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
- Staff make 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
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- children are encouraged to use available areas of shade when outside
- children who do not have appropriate hats are asked to play in the shade or a suitable area protected from the sun.

### 5. 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.

### 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 Smart 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. shirts with collars and elbow length sleeves, longer style dresses and shorts)

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, and clothing 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 Smart 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.

### 9. Policy review

#### Quality area 7: Leadership and service management

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

### Relevant documents / links

- [Belonging, Being and Becoming – The Early Years Learning Framework](#) (July 2009)
- [Australian Professional Standards for Teachers](#) (APST)  
– Standard 4.4 and 7.2
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (2019)
- AS 4174:2018 Knitted and woven shade fabrics

[SunSmart in schools and early childhood | Cancer Council](#)

[Inclement weather \(edi.sa.edu.au\)](#)