



SUN SAFE POLICY

Australia has one of the highest rates of skin cancer in the world. Young children are particularly at risk of skin damage from sunburn due to their sensitive and thin skin. The risk of developing skin cancer later in life is also increased when there is high exposure to UV radiation levels in the first fifteen years of life (Cancer Council Australia).

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

RELATED POLICIES

Clothing Policy

Health and Safety policy

Physical Environment Policy

Supervision Policy

Work Health and Safety Policy

PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

SCOPE

This policy applies to children, families, staff, management and visitors of the service.

IMPLEMENTATION

Some sun exposure is important for the absorption of vitamin D; an essential nutrient for healthy bones muscles, and general health, however 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.

MONITORING UV LEVELS

Sun protection is required when UV levels reach level 3 or above. Our OSHC Service will monitor the UV levels through the SunSmart or Bureau of Meteorology webpages or apps.

OUTDOOR PLAY

The OSHC will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. This will include:

- From September to April (or certainly terms 1 and 4) sun protection is always required, which includes protective clothing, hats and sunscreen.
- Sun protection measures will be considered when planning excursions and incursions.
- Sufficient natural, portable, or man-made shade will be provided to allow children to spend time outdoors each day.
- Shaded areas will be chosen for educators to set up play experiences. These will be monitored throughout the day and moved as required to remain in the shade.
- Children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade.
- Children without hats or suitable protective clothing will be required to play under man-made shade structures (e.g. the playground)

HATS

- Educators, children, and visitors are required to wear sun safe hats at all times they are outdoors. Cancer Council Australia describes sun safe hats as those which protect a person's face, neck, and ears, which include:
 - A legionnaire hat – the flap should cover the neck.
 - A bucket hat with a deep crown and brim size of at least 5cm for children and must shade the face, neck, and ears.
 - A broad brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults. The brim should provide shade for the whole face.

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under dense shade, veranda or indoors) or can be provided with a spare hat.

CLOTHING

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible. Cancer Council Australia recommends clothing that:
 - Covers the shoulders, back and stomach
 - Is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts and trousers.
- Children who are not wearing sun safe clothing can be provided with spare clothing or will be required to play under the veranda or in dense shade.

SUNSCREEN

As per Cancer Council recommendations:

- Staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

ROLE MODELLING

The Cancer Council acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. All staff and visitors at the Service will therefore role model appropriate behaviours by adhering to the same rules as the children.

EDUCATION AND INFORMATION

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families and visitors.
- Further information is available from the Cancer Council website
www.cancer council.com.au/sunsmart
- The Sun Safety Policy will be made available to all Educators, Staff, Families, and Visitors of the service to ensure a comprehensive understanding about keeping sun safe.

SOURCE

Australian Children's Education & Care Quality Authority. (2014).

Bureau of meteorology. Home page (for UV Index) : <http://www.bom.gov.au/uv/>

Cancer Council. (2019). UV alert: <https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>

Cancer Council. Home page: <https://www.cancer.org.au/>

Cancer Council. Preventing cancer: Sun protections: <https://www.cancer.org.au/preventing-cancer/sun-protection/>

Children's Services Act 1996

Early Childhood Australia Code of Ethics. (2016).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Standard. (2017).

Occupational Health and Safety Act 2004

Revised National Quality Standard. (2018).

REVIEW

Date Reviewed	Modifications	Next Policy Review Date
October 2019	Ratified by the Kingsbury Primary School Council on 17/10/19.	October 2020