



2.16 UV (Sun) Safety Policy

POLICY STATEMENT

Australia has among the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

AIM

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

STANDARDS AND PROCEDURES

Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But 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.

Outdoors Play

- A combination of sun protection behavior is required when UV levels reach 3 and above. In the ACT this will be for part or most of each day between August and May.
- Extra care is needed between 11am and 3pm during the daylight saving/summer period. During this period outdoor activities should be minimized whenever possible. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- In June and July sun protection is not generally required in the ACT due to our UV levels (under 3). However, sun protection may still be required if outdoor for extended time during this period.
- Sun protection measures will be considered when planning excursions and incursions.

Shade

- All outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The Service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.

Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade

Hats

- Staff and children are required to wear sun safe hats that protect their face, neck and ears.
- A sun safe hat is: Legionnaire hat. Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm). Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).
- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

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

Clothing

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- This includes wearing: Loose fitting shirts and dresses with sleeves and collars or covered neckline. 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 verandah or in the shade.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

- 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.

Babies

- Babies under 12 months will not be purposely exposed to direct sunlight when UV levels are 3 and above and are to remain in dense shade when outside.
- They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen.
- The widespread use of sunscreen on babies under six months is not recommended as babies have very sensitive skin which may be more likely to suffer a reaction.
- For babies older than six months, sunscreen should be used as the last line of defense after avoiding direct sunlight, putting on covering clothing, a hat and shade.
- When UV levels are low (under) some direct sun exposure is considered safe for babies- however if outdoors during this low UV period for extended time that sun protection including hat, clothing and shade is still recommended.

Role Modelling and Work Health & Safety

Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).
- Families and visitors are encouraged to role model positive sun safe behaviour.
- Record the UV Rating on a daily basis and throughout the day.
- Understand their WH&S responsibilities and duty of care when it comes to working safely outdoor.

Education and Information

- Sun protection will be incorporated regularly into learning programs.
- 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.
- Educators are encouraged to complete Cancer Council's free Generation SunSmart online training modules annually.

NATIONAL SUNSMART EARLY CHILDHOOD PROGRAM

St Nicholas Greek-Australian Preschool and Childcare Centre was awarded national SunSmart status in 2007. As a member of the National SunSmart Early Childhood Program this policy will be submitted to Cancer Council ACT to be reviewed every 3 years. This policy will be updated, if necessary, to maintain national SunSmart standards and best practice for sun protection in early childhood settings.

Our next SunSmart Review will be in June 2021.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

Children (Education and Care Services) National Law NSW

- 77 - Health, hygiene and safe food practices
- 88 - Infectious diseases
- 90 - Medical conditions policy
- 92 - Medication record
- 93 - Administration of medication
- 96 - Self-administration of medication

SOURCE LIST

This section contains websites, industry bodies, or Legislation that have been used to assist in sourcing the information for this policy. It also acts as a guide to sourcing further reading on each relevant policy.

- [Australian Children's Education & Care Quality Authority](#)
- [Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011](#)
- [Guide to the National Quality Standard](#)
- [Revised National Quality Standard](#)
- [ECA Code of Ethics](#)
- [Children's Services Act 1996](#)
- [Supervision in Children's Services. Putting Children First](#), the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15, p. 8-11.
- [Cancer Council ACT](#)
- SunSmart Early Childcare Program
- [ACT Health](#)

RELATED POLICIES

2.01 Administration of First Aid Policy
2.04 Incident, Illness, accident and Trauma Policy
2.13 Nutrition and Food Safety Policy

POLICY REVIEW

The review schedule has been developed using a risk assessment methodology with consideration given to sector, industry, and legislative changes.

Date reviewed	Policy changed	Modifications	Next Review Date
May 2018	Yes	No Updated to meet the National Law and/or National Regulations in respect of a serious incidents and notification purposes.	May 2019
June 2018	Yes	No Undertook service's 3-year SunSmart policy and program review. Minor word changes by David Wild – SunSmart Services Coordinator.	May 2019