

# SUN PROTECTION POLICY



## Purpose

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. Childcare services can contribute to reducing the lifetime risk of skin cancer for children by teaching good sun protection habits from an early age and implementing best-practice sun protection measures.

## Strategies

### Outdoor Activities

From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised.

Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.

- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July sun protection is not required. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin. All 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)

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

## Sunscreen

All 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 exposed to direct sunlight 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 may be applied to their exposed skin.

### **Role Modelling**

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 Standard1067 (optional). Families and visitors are encouraged to role model positive sun safe behaviour

### **Education**

Sun protection will be incorporated regularly into learning programs. The Kinder Garden will create an area in the entrance of the service where children are able to put sunscreen on themselves or for the parents to assist them. Sunscreen will always be available to children

### **Information**

Sun protection information will be promoted to staff, families and visitors. Posters will be placed in the environment for families and children to see.

### **Policy**

The sun protection policy, updates and requirements will be made available to staff, families and visitors.

### **Review**

Management and staff will monitor and review the effectiveness of the sun protection policy regularly.

### **Definitions, Terms & Abbreviations**

| <b>Term</b> | <b>Definition</b> |
|-------------|-------------------|
| UV          | Ultraviolet       |

### **Related Statutory Obligations & Considerations**

**Australian Children's Education and Care Quality Authority (ACECQA)** - <http://www.acecqa.gov.au/>  
**Department of Education** - <http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care>

**Early Years Learning Framework (EYLF)** - [http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging\\_being\\_and\\_becoming\\_the\\_early\\_years\\_learning\\_framework\\_for\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf) **Education and Care Services National Regulations 2011** <http://www.legislation.nsw.gov.au/#/view/regulation/2011/653>

**Cancer Council** - [https://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&ct=35#Policy availability](https://www.cancercouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?pp=37070&cc=8175&ct=35#Policy%20availability)

**National Quality Framework (NQF)** - <http://acecqa.gov.au/national-quality-framework/>

**World Health Organisation** - [http://www.who.int/uv/sun\\_protection/en/](http://www.who.int/uv/sun_protection/en/)

## Related Telephone Numbers

- Early Childhood Directorate – 1800-619-113
- NSW Health – (02) 9391-9000
- Cancer Council – 13-11-20

## Amendment History

| Version  | Amendment                        | Short Description  |
|----------|----------------------------------|--|
| 1.4.2018 | Clarification of recommendations | Further detail provided regarding hours and seasons in regards to outdoor play |

This policy will be updated to ensure compliance with all relevant legal requirements every year. Appropriate consultation of all stakeholders (including staff and families) will be conducted on a timely basis. In accordance with Regulation 172 of the *Education and Care Services National Regulation*, families of children enrolled will be notified at least 14 days and their input considered prior to any amendment of policies and procedures that have any impact on their children or family.

Date: 1<sup>st</sup> April 2018

Version: 1.4.2018

Last Amended By: Heather Sheridan

Next Review: April 2019

Position: Nominated Supervisor

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\* This policy has been approved by Cancer Council January 2018 \*