

Sun Safety Policy

Australia has 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.

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

Children (Education and Care Services) National Law NSW	
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

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 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.

Outdoor Play

- 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 the above includes Excursions.
- Some examples of sun protection include; shade, hats, clothing and sunscreen.

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.
- Due to Parent request and feedback, from January 2019 Parents will need to provide a labelled hat for their child on the days of their attendance, as Balmain Care for Kids will no longer be providing hats for children, except for excursions.
- ***It is the responsibility of the parent to provide a labelled hat for their child. If your child does not come to childcare with a hat a fee will be charged to your account to purchase a new sun safe hat, that Balmain Care for Kids has available for sale, to ensure sun protection is always maintained.***
- 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.

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 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 SPF50+ Kids Cancer Council 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.
- Sunscreen MSDS will be stored in all MSDS folders.

Babies

- Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shaded areas whilst outside.
- They will wear sun safe hats and clothing and small amounts of SPF50+ Kids Cancer Council 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 SPF50+ Kids Cancer Council 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.
- Ensure the above sun safety practices are being implemented on Excursions.

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.cancerCouncil.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.

Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The centre's sun protection policy must be submitted every two years to the Cancer Council for review to ensure continued best practice.

Source

- Australian Children's Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- ECA Code of Ethics.
- Guide to the National Quality Standard.
- Occupational Health and Safety Act 2004
- 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
www.cancercouncil.com.au/sunsmart
- SunSmart Child Care
http://www.imagineeducation.com.au/files/CHC30113/Sunsmart_20Childcare_A_Guide_for_Service_Providers.pdf
- Revised National Quality Standards

Review

Date Reviewed	Modifications	Next Policy Review Date
August 2017	Minor changes made to comply with being a Sun Smart Service	September 2019
October 2018	Updated the references to comply with the revised National Quality Standard	November 2019
November 2018	Included that parents need to bring a hat for their child in 2019	November 2019
March 2019	Included that parents can now purchase a hat from the Centre Director when required	December 2019