Sun Protection Policy

1. **Aim**

High risk of unprotected sun exposure in the first fifteen years of life significantly increases a child’s risk of developing skin cancer later in life. UWSELL’s aim is to help minimise these risks to children and staff, and to help educate families about sun protection.

2. **Legislative Requirements**

**Occupational Health & Safety Act 2000 & Regulations 2001**

**Education and Care Services National Regulations 2011**

114 Outdoor space:

(1) Shade ensure that outdoor spaces provided at the education and care service premises include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun.

**National Quality Standard:**

2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

3. **Who is affected by this policy?**

a) Staff
b) Children
c) Parents
d) Families
e) Management

4. **Implementation**

**Outdoor Activities:**

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

A. 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.

B. From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am–2pm sun protection is required.

C. In June and July when the UV index is mostly below 3, 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.

**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:**

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

A. Legionnaire hat.
B. Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
C. 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, educators, 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:

A. Loose fitting shirts and dresses with sleeves and collars or covered neckline.
B. 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.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

**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.
Clothing:
Educators and staff will act as role models and demonstrate sun safe behaviour by:

A. Wearing a sun safe hat (see Hats).
B. Wearing sun safe clothing (see Clothing).
C. Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
D. Using and promoting shade.
E. Wearing sunglasses that meet the Australian Standard 1067 (optional).

Families and visitors are encouraged to role model positive sun safe behaviour.

Education and Information:
Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to all staff, families and visitors. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart.

The Licensee/Director/Supervisor will ensure that this policy is maintained and implemented at all times.

5. Sources

- Community Child Care Co-op
- Education and Care Services National Regulation 2011
- National Health and Medical Research Council - www.nhmrc.gov.au
- National Quality Standard
- NSW Department of Health - www.health.nsw.gov.au

6. Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed: 14.05.12
Date for next review: 13.05.13
Approved by Board
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