

## **Policy 6.22 Sun Protection Policy**

**This policy applies to all service events on and off site.**

### **Policy Statement**

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### **Objectives**

This Sun Protection Policy has been developed to:

- Ensure that all children and staff maintain a Healthy UV exposure balance.
- Encourage children and staff to use a combination of sun protection measures whenever the UV Index levels reach 3 and above
- Work towards a safe outdoor environment that provides shade for children and staff between times when extreme UV readings are expected.
- Assist children to develop age appropriate self-help skills where they will be responsible for their own sun protection.
- Ensure that families and new staff are informed of the service's Sun Protection policy.

Staff are encouraged to access the daily Sun Smart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily sun protection times and assist with the implementation of this policy. This information will be recorded and displayed in each of the childcare rooms

### **From September to April in Victoria**

When average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including:

#### **1. Shade**

- A shade audit is conducted regularly to determine the quality of shade provided by the shade sail
- Management has provided sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

#### **2. Clothing**

When playing outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they wear a t-shirt/shirt over the top before going outdoors.

#### **3. Hats**

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Because a baseball cap does not offer enough protection, a child wearing a baseball cap will have the same consequences as a child not wearing a hat.

**4. Sunglasses [optional]**

Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

**5. Sunscreen**

- SPF 50+ broad spectrum, water resistant sunscreen is available for staff and children's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors
- With parental consent, children with naturally very dark skin are not required to wear sunscreen From 3 years of age, children are encouraged to apply their own sunscreen under supervision of staff

(Our Sun Smart practises consider the special needs of infants. All babies under 12 months are kept out of direct sun as much as possible)

**When enrolling their child, families are:**

- Informed of the service's Sun Smart policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. that cover the shoulders and chest, upper arms and legs)
- Required to give permission for staff to apply sunscreen to their child
- Encouraged to practise Sun Smart behaviours themselves when at the service.

**From May to August in Victoria**

When average UV Index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

**Staff OHS and Role modelling**

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 50+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

**Planned experiences**

- Programs on sun protection and vitamin D are incorporated into planned experiences.
- The Sun Smart policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and meetings.

**Review**

- Management and staff monitor and review the effectiveness of the Sun Smart policy and revise the policy when required (at least once every two years).

## **Policy 6.22 Sun Protection Policy**

### **Relevant Documents / Links**

- Education and Care Services National Regulations 2011
- Victorian Early Years Learning and Development Framework (VEYLDF)
- National Early Years Learning Framework (EYLF)
- Building Quality Standards Handbook (BQSH):
- Section 7.5.5 Shade Areas Guide to the National Quality Standard 2011
- Healthy Eating and Physical Activity Guidelines for Early Childhood Settings: Section 2: Physical activity
- Occupational Health and Safety Act 2004
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

### **Relevant resources**

- Sun Smart information – includes sample family notes, FAQs, online membership review, suggested play ideas, Sun Smart UV Alert widget and iPhone app, Sun Smart brochures for families, and information in different languages.
- [sunsmart.com.au/protecting\\_others/childcare\\_and\\_schools/in\\_early\\_childhood\\_services](http://sunsmart.com.au/protecting_others/childcare_and_schools/in_early_childhood_services)
- Be Sun Smart, Play Sun Smart - online PDF with suggested play experiences – incorporates concepts from the Early Years Learning Framework (EYLF) and the Victorian Early Years Learning and Development Framework
- [sunsmart.com.au](http://sunsmart.com.au)
- Sun Smart Countdown: song and associated activities
- [sunsmart.com.au/protecting\\_others/at\\_school/sunsmart\\_countdown](http://sunsmart.com.au/protecting_others/at_school/sunsmart_countdown)
- Generation Sun Smart - online learning modules for educators at [generationsunsmart.com.au](http://generationsunsmart.com.au) – helps meet Professional learning requirements

**This information is correct at the time of review.**