

# Health & Safety: Sun Protection

Policy/Procedure Number: B 2

Policy/Procedure Requirement: National Quality Standards 2 & 7; Regulations 168

## Policy Statement

Aims to ensure that children and Educators maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

## Rationale

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health. Too much UV radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, and overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. To ensure a healthy balance between too much and too little UV.

## Strategies and Practices

- All children, Educators and Coordination Unit Staff use sun protection measures whenever UV Index levels reach 3 and above
- From **October** to **March** sun protection is **required at all times**. Extra sun protection is needed between **11am** and **3pm**, during which 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**, sun protection is required from **10am** to **2pm** unless the **UV index** is **below 3**. In June and July, UV index is mostly below 3 and sun protection not required
- Particular sun protection and care needed for children with very fair skin
- Babies under 12 months should be kept out of direct sun

## Managing the physical environment

### Shade

- Educators will consider the availability of shade when planning and implementing outdoor activities and excursions
- Provided the UV Index is below 3 (moderate), unrestricted outdoor play may take place. If the UV Index is 3 (moderate) or above, outdoor play is allowed provided appropriate sun protection measures are undertaken by all Educators, Staff and children whilst outdoors

- The availability of shade is considered when planning excursions and outdoor activities.
- Children are encouraged to use available areas of shade when outside
- Prams or strollers should have a hood that can be adjusted to block out the direct sun

## Protective Practices

### Role modelling

Educators and staff will act as role models by:

- Wearing sun protective hats / clothing, and sunglasses when outside
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible

### Clothing

- When outside, children, Educators and Staff are required to wear loose fitting clothing that covers as much skin as possible

### Hats

- All children, Educators and Staff are required to wear hats that protect their face, back of the neck, eyes and ears, i.e. legionnaire, broad-brimmed or bucket hats
- The policy of “**No hats/appropriate clothing, no outdoor play**” will be enforced by Educators and Staff

### Sunglasses

- Children and Educators are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible

### Sunscreen

- Educators should use SPF 30+ broad spectrum, water resistant sunscreen for them and the children
- Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours when outdoors
- To help develop independent skills ready for school, children from 3 years of age are given opportunities and encouraged to apply their own sunscreen under supervision of the Educators

### Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun
- Educators and families are provided with information on sun protection
- **When enrolling their child, families are:**
  - Informed of the scheme’s sun protection 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
- Asked to provide SPF30+, broad spectrum sunscreen for their child
- Required to give permission for staff to apply sunscreen to their child

### **Review**

- Management and Educators monitor and review the effectiveness of the SunSmart policy every two years and revise the policy when required

### **Day-to-Day Service Management of Health and Safety Policies**

- Reviewed quarterly and as required

### **Resources and Further Readings**

- Education and Care Services National Regulations
- Education and Care Services National Law Act 2010
- ACECQA National; Quality Framework Resource Kit [www.acecqa.gov.au](http://www.acecqa.gov.au)
- Childcare Service Handbook 2013-2014
- Australian Standards for sun protection clothing, sun glasses and shade cloth
- Cancer Council ACT
- SunSmart Family Day Care: A Guide for Schemes

### **Related FDC Policies, Procedures & Documents**

- Child Safe Environment: Excursions and Regular Outings
- Excursion Risk Assessment

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Next Review: June 2018