



Conyngham Street
**Community
Children's Centre**
LEARNING TOGETHER, EVERY DAY.

Policy 19

Sun Safety

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

Staff will access the daily sun protection times at www.arpansa.gov.au and will use the predicted information as a guide when deciding what combination of sun protection will be used on a daily basis.

We use a combination of sun protection measures for all outdoor activities from 1st August until 30th April and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

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
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area that is protected from the sun.

Hats

- Staff and children are required to wear sun safe hats that protect their face, neck and ears
- Hats will be worn at all times when children are outside from 1st August to 30th April and when UV radiation levels are 3 or above
- A sun safe hat is a:
 - 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).
 - **Baseball or peak caps are not considered a suitable alternative**
- 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.
- It is the responsibility of the parent to provide their child with a suitable hat

Sunscreen

- SPF 30 or higher, broad spectrum, water resistant sunscreen is available for staff and children to use
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if remaining outdoors
- Staff will apply sunscreen to all children when the UV radiation index is *predicted* to be 3 or above and will continue to apply sunscreen until the *predicted* UV radiation level is under 3
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.
- Parents may supply their own sunscreen for their own child should they require a particular type to be used. This must be clearly labelled with the child's name.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff

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 under the verandah or in the shade.

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

Babies

- Our SunSmart practices consider the special needs of Infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 3 and above
- Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older

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 or higher, broad spectrum, water resistant 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 behavior.

Education and Information

- Sun protection is incorporated into the learning and development program
- Staff and families are provided with information on sun protection through family newsletters. Noticeboards and the centre's website.

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

Review

Date Reviewed	Modifications	Next Policy Review Date
March 2018		March 2021