



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

Policy 2.22

Sun Safety

Australia has one of 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 childhood and adolescence is a critical factor in determining future skin cancer risk. 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.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors, including angle of earth to the sun, but are unrelated to temperature, and UV levels can be high even on cool and cloudy days. UV damage is cumulative and irreversible.

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 overexposure to ultraviolet (UV) radiation from the sun.

SCOPE

This policy applies to children, families, staff, management and visitors of the Service.

IMPLEMENTATION

When the UV level is 3 and above, we use a combination of sun protection measures (broad-brimmed hats, sun protective clothing, SPF 30 or higher broad spectrum, water resistant sunscreen and shade) is recommended when outdoors. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

During the cooler months when UV levels can be unpredictable (April, May, August, September) we will use a combination of sun protection measures when the UV is *predicted* to be 3 or above.

In South Australia, the UV index is generally 3 and above from 1 August until 30th April.

Staff will access the daily sun protection times by:

- using the smartphone [SunSmart app](#) available at iTunes App Store and Google Play store
- viewing the Bureau of Meteorology website <http://www.bom.gov.au/>
- visiting www.myuv.com.au

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.
- 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.

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 *predicted* to be 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.

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.

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.
- If practical, children are encouraged to wear close fitting wraparound sunglasses that provide the best protection. Eye Protection Factor (EPF) rating of 10 is recommended.

Please note: Midriff, crop or singlet tops and dresses do not provide enough sun protection and therefore are not recommended. Children wearing this clothing will be required to wear a t-shirt or shirt over the top before going outdoors.

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 behaviour.

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.
- Visitors and Parents are encouraged to role model SunSmart behaviors.

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
- 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 Children’s Council SA SunSmart Early Childhood Program www.sunsmart.org.au

Review

Date Reviewed	Modifications	Next Policy Review Date
March 2019		March 2022
May 2021	Minor changes to terminology Added webpage address for BOM	March 2023