

INTRODUCTION

Much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life.

GOALS – What are we going to do?

This SunSmart policy provides guidelines to:

- ensure all children, educators and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment provides shade for children, educators and staff;
- ensure children are encouraged and supported to develop independent sun protection skills;
- support duty of care and regulatory requirements; and
- support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

SCHEDULING OUTDOOR ACTIVITIES

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. A combination of sun protection measures will be used whenever UV Index levels reach 3 and above. These measures include:

- **Slip** on clothing that covers as much skin as possible
- **Slop** on sunscreen
- **Slap** on a hat
- **Seek** shade
- **Slide** on sunglasses where possible

When children are on excursions all sun protection practices are planned, organised, understood and available.

SHADE

All outdoor activities are planned to occur in shaded areas.

The service's outdoor environment includes rough and uneven natural surfaces which reflect less UV than smooth, shiny, light coloured surfaces.

Shade options are provided, maintained and promoted to the children.

Play-based learning activities are set up and moved throughout the day to take advantage of shade patterns.

Shade options can include a combination of portable, natural and built shade.

BDCS conducts regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.

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HATS

All staff and children are required to wear SunSmart hats that protect their face, neck and ears.*

Children without a SunSmart hat are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors), or are provided with a spare SunSmart hat.

** SunSmart hats include:*

- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- Legionnaire style hats.

Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

CLOTHING

Staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.

Children without SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

**SunSmart clothing includes wearing:*

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.

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

SUNSCREEN

All staff and children are required to apply SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. This is embedded into all room routines and available in all rooms.

Permission to apply sunscreen is included in the enrolment form, along with the brand and type that will be used. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade. All BDCS sunscreen will be clearly labelled with the names of those children who have an alternative brand to avoid application on children not permitted to use the service brand.

Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

ROLE MODELLING

Staff act as role models and demonstrate SunSmart behaviours by:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional)
- Applying SPF30+ broad-spectrum water-resistant sunscreen
- Promoting the use of shade
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.

Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside.

EDUCATION

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Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions such as hat wearing and accessing daily UV levels

SunSmart App daily UV times are promoted to guide staff, parents and children.

Visitor, student and new employee inductions embed the transfer of information relating to the service's Sun Protection Policy.

MONITORING, EVALUATION AND REVIEW

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every 18 months. Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

RELATED LEGISLATION

- Education and Care Services National Regulations
- Family Law Act 1975 (Cth), as amended 2011
- Children and Young Persons (Care and Protection) Act 1998

LINKS TO:

- National Quality Standards: 1.1, 2.1.3, 2.2, 3.1, 4.1, 5.1, 6.2, 6.2.3, 7.1, 7.2
- Education and Care Services National Regulations: 100, 113, 114, 168 (2)(a)(ii)
- Early Years Learning Framework: Outcomes 1,2,3

SOURCES

- Education and Care Services National Regulations:
<https://www.legislation.nsw.gov.au/#/view/regulation/2011/653>
- Guide to the National Quality Framework: <https://www.acecqa.gov.au/nqf/about/guide>
- SunSmart Recommendations for Childcare Services:
https://www.cancerouncil.com.au/35811/cancer-prevention/sun-protection/sunsmart-program-for-childcare-services/sunsmart-resources-childcare-services/why-become-a-sunsmart-service/?gclid=Cj0KCQjwrrXtBRCKARIsAMbU6bGjAle3Gee71OnE8u-xNHjUOr6Oyn22dVOP1HfwCRe32ApoyK0zilQaAoGNEALw_wcB
- Starting Blocks: Sun protection in childcare – what to expect
<https://www.startingblocks.gov.au/other-resources/factsheets/sun-protection-at-child-care/>

• Policy Revision History

<i>Date</i>	<i>Authorised By</i>	<i>Description of Amendments</i>	<i>Sections affected</i>
Jan 2021	P. Ritchie – GM		

- **Review Date: Jan 2022**