

Sun Smart

Quality Area 2: Children's Health and Safety

Standard 2.3: Each child is protected

Standard 2.3.2: Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury

Education and Care Services National Regulations:

113 Outdoor space natural environment

114 Outdoor space shade

168 Education and care service must have policies and procedures

PURPOSE Australia has the highest rate of skin cancer in the world. Exposures to harmful UV rays during the first 15 years of age can greatly increase the risk of developing skin cancer later in life. As children in family day care attend care during times when UV radiation levels are at their highest, family day care plays a significant role in minimising children's exposure

POLICY Children, family day care educators, staff and visitors will minimise the risks from the dangerous and adverse effects of exposure to the sun's UV radiation by using appropriate skin protection measures that are suitable for the weather conditions; careful planning of activities and experiences outdoors at the family day care service and on excursions will ensure children receive sufficient healthy outdoor play balanced with appropriate sun protection measures

PROCEDURES

Outdoors

Educators and service staff need to be aware that sun safety precautions need to be taken all year, not only on hot days, but also on cloudy days, in winter, and even when children are playing in the shade – harmful ultraviolet radiation can reflect on children from buildings, water, and grass, concrete and sand.

Babies under 12 months of age will not be exposed to the direct sunlight and are to remain in dense shade when outside. They will wear sun safe hats and clothing, and small amounts of SPF30 +broad spectrum water resistant sunscreen can be applied to their exposed skin.

For children over 12mths of age and adults will wear sun safe hats and clothing and use a minimum of SPF 30+ sunscreen.

Taree Great Lakes Gloucester Five Star Family Day Care

- **From October to March Sun Protection is required at all times.** Organise outdoor activities to avoid peak sun exposure times between 11am - 3pm.
- **Sun Protection times** are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin in most months of the year.
- **UV levels** and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.

Shade - activities will be set up in shaded areas. Play activities should be moved throughout the day to take advantage of shade pattern. Shade options can include a combination of portable, natural and built shade.

During excursions and play sessions, the educator will consider all sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen)

Hats

Hats and clothing advertising Alcohol, Cigarettes or illegal drugs are not to be worn

Adults and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- legionnaire hat
- bucket hat with a brim size of at least 5cm for children and 6cm for adults
- broad brim hat with a brim size of at least 6cm for children and 7.5 for adults

Clothing

When outdoors, adults and children are required to wear clothing that covers as much skin as possible. This includes:

- **children** are required to wear sun-safe hats such as broad brimmed, bucket or legionnaire styles. Baseball caps and sun visors are **not** recommended
- children without hats will remain protected from the sun. e.g. play in the shade , stay inside or on veranda area, or be provided with a spare hat
- children are recommended to wear sun safe clothing that covers as much skin as possible e.g. loose fitting shirts with sleeves and covered necklines, and longer style skirts, shorts and trousers

- **adults** are required to wear sun-safe hats such as broad brimmed, bucket and legionnaire styles. Baseball caps and sun visors are not recommended
- adults are recommended to wear sun safe clothing that covers as much skin as possible e.g. loose fitting shirts with sleeves and covered necklines, and longer style skirts, shorts and trousers

Sunscreen

All adults and children are recommended to apply SPF30+ broad spectrum water resistant sunscreen 20 minutes before going outdoors and reapply every two hours.

Sunscreen is recommended to be stored in a cool, dry place and the use-by date monitored

Where sunscreen is provided by the educator, Parents/Guardians will provide sunscreen if their child has been identified to have a reaction to sunscreen.

Applying sunscreen

Educators are recommended when applying sunscreen for young children to:

- use individual use cotton wool balls / tissues to apply sunscreen to children's exposed skin or wash hands between each child
- Older children are encouraged to apply their own sunscreen under supervision. This will assist in development of routine use of sunscreen as well as reducing any risk of cross infection

Role modelling

- Role model sun protection behaviour by also wearing sun protection clothing, hat, sunglasses and SPF30+ sunscreen when outdoors or on outdoor excursions.
- Parents will be informed of this sun protection policy and will be encouraged to practise Sun Smart behaviours at all times.
- Using and promoting shade whenever possible.

Information

Sun protection information will be provided at enrolment and regularly communicated through newsletters, meetings and educators notice boards. The sun protection policy will be available to all staff and educators and families. Further information is available from the Cancer council website www.cancer council.com.au/sunsmart

Educators will include messages on Sun Protection in their learning program at educator's residence and on service website

Source

- Education and Care Services National Regulation 2011
- Education and Care Service National Law—167 Protection from harm and hazards
- Sun Smart Family Day care—Cancer Council NSW

Associated Forms/information:

- Child Enrolment form—Authorisation
- Enrolment information booklet
- Daily routine and plan
- Excursion form and risk assessment
- Daily Hazard checklist

Failure to comply with this policy may result in disciplinary action or termination of employment or registration as an educator