

Sun Safe Policy

POLICY STATEMENT

At Northwest Community Childcare we aim to ensure that all children attending the Centre will be protected from harmful rays of the sun. All staff are to model appropriate sun protection behaviour and enforce the sun safe policy.

BACKGROUND

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREAS 1, 2, 3, 4, 5, 6, 7		
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.
2.2	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.
3.1.1	Fit for purpose	Outdoor and indoor spaces, buildings, fixtures, and fittings are suitable for their purpose, including supporting the access of every child.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
100	Risk assessment must be conducted before excursions
113	Outdoor space—natural environment
114	Outdoor space—shade
168	Education and care service must have policies and procedures
168 (2)(a)(ii)	Sun Protection

RELATED POLICIES

<p>My Time, Our Place National Quality Standards DET Building Quality Standards Handbook Cancer Council recommendations regarding protection from the sun DET Guidelines for School Playgrounds – Playground safety management: Section 3.2.5 (2012) DET Outdoor Activities</p>	<p>Get Up & Grow: Healthy eating and physical activity for early childhood (Section 2) 2009 ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) Safe Work Australia: Guidance Note – Sun protection for outdoor workers (2016) Family Handbook</p>
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PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun. To ensure the outdoor environment provides shade for children, educators, and staff to minimise unsafe UV exposure.

SCOPE

This policy applies to children, families, staff, management, Approved Provider, Nominated Supervisor and visitors of the service.

IMPLEMENTATION

Northwest Community Childcare will work in compliance with the *National SunSmart Program* to ensure children’s health and safety is always maintained whilst at the Service. This policy applies to all activities on and off site.

MONITORING UV LEVELS

Sun protection is required when UV levels reach level 3 or above. Our Service will monitor the UV levels daily through one or more of the following methods:

- 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/>

OUTDOOR ACTIVITIES

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times when the UV Index is 3 or above. The sun protection times are a forecast from the Bureau of Meteorology for the time-of-day UV levels are forecast to reach 3 or higher. At these levels, a combination of sun protection is recommended for all skin types.



Our service will use a combination of sun protection measures (see below) **whenever UV Index levels reach 3 and above**. Sun protection is included in service participation risk management and assessments for all outdoor activities, including excursions where all sun protection practices are planned, organised, understood and available.

SHADE

Management, Nominated Supervisor will ensure:

- the availability of shade is considered when planning all outdoor activities.
- play experiences will be monitored throughout the day and moved as required to remain in the shade.
- regular risk assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements.
- children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade.
- outdoor activities are to be rescheduled to off-peak UV times or conducted under shelter protected from the sun when the UV rating is 8 or higher.

HATS

Educators, children, and visitors are required to always wear sun safe hats when they are outdoors. Cancer Council Australia describes sun safe hats as:

- Hats that protect a person's face, neck, and ears, which include:
 - a legionnaire hat – the front peak and flap should overlap at the sides and the flap should cover the neck.
 - a bucket hat with a deep crown and angled brim that must shade the face, neck, and ears.
 - a broad brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults. The brim should provide shade for the whole face.

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

- Children without a sun safe hat will be asked to play in an area protected from the sun, *or* they may be provided with a spare hat if available.

CLOTHING

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible. Cancer Council Australia recommends clothing that:
 - covers the shoulders, back and stomach.
 - is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts, and trousers.
- Children who are not wearing sun safe clothing will be required to play under shade or in an area protected from the sun or provided with spare clothing.

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

SUNSCREEN

As per Cancer Council Australia recommendations:

- Staff and children will apply SPF50 or higher broad-spectrum water-resistant sunscreen 20 minutes before going into uncovered outdoor spaces and reapply every 2 hours or more frequently if washed or wiped off.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade. A record of any allergy must be provided in writing from the parent/guardian and recorded on the child's enrolment record. Cancer Council Australia recommends usage tests before applying a new sunscreen.
- Sunscreen is stored in a cool, dry place, and the use-by-date monitored.
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen registers/monitors, staff reminders/app).
- All children will be supervised while applying sunscreen and guidance will be given on correct application.

RISKS OF SUMMER PLAY

Australia has a hot climate, and inevitably playground equipment and surfacing can heat up rapidly and retain heat. Many playground surfaces and equipment can exceed temperatures greater than 50°C; if young children come into contact with these surfaces, they can be burned severely within seconds.

The Approved Provider, Nominated Supervisor and educators will:

- ensure risk assessments are conducted to identify any potential hazards to children during summer months that could cause harm or injury to children. Risk minimisation control measures will be put in place to protect children. Potential hazards could include:
 - hot equipment- slides, poles, guardrails, and any metal surfaces.
 - hot surfaces- rubber and synthetic grass, walkways, concrete surfaces.
 - sunburn.
 - access to bodies of water (filled water troughs/containers/trays/pools).
- use a thermometer or hand to test surface temperature and make an informed decision about permitting children to play on the equipment or in the outdoor space. If the surface temperature is determined to be too hot or is recorded as at or above 50°C, it is recommended by KidSafe Australia that children do NOT play on the surface.
- ensure children wear shoes when playing in the outdoor area.

ROLE MODELLING AND WORK HEALTH AND SAFETY

Cancer Council Australia acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. Occupational UV exposure is also a WH&S issue. All educators, at the service will therefore be required to role model appropriate sun protection behaviours by:

- wearing a sun safe hat.
- wearing sun safe clothing.
- using and promoting shade.
- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.
- families and visitors are encouraged to role model positive sun safe behaviour.
- monitoring the UV Index Levels and Daily Sun Protection Times throughout the day.
- regularly monitoring and reviewing the effectiveness of the *Sun Safety Policy*.

EDUCATION AND INFORMATION

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families, and visitors.

- The *Sun Safe Policy* will be made available to all educators, staff, families, and visitors of the OSHC Service to ensure a comprehensive understanding about keeping sun safe including appropriate hat, clothing, and sunscreen requirements.
- Information about Sun Safety will be included in our Family Handbook and sun protection information and resources made accessible and communicated regularly to families.
- Children understand why sun safety is important and learn how to take effective sun protection, including taking leadership roles in managing sun protection e.g., accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

CONTINUOUS IMPROVEMENT

Our *Sun Safe Policy* will be regularly updated and reviewed in consultation with families, staff, educators and management.

Australian Safety Standards

AS 4174:2018 Knitted and woven shade fabrics

AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles

AS/NZS 4399:2020, Sun protective clothing - Evaluation and classification

AS/NZS 2604:2012 Sunscreen products - Evaluation and classification

AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance, and operation.6.2.1 General considerations, 6.3.9 Shade and sun protection, Appendix A Shade and sun protection.

SOURCE

Australian Children's Education & Care Quality Authority. (2014).

REVIEW

Approval Date:	August 2023
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