**Sun Safety Policy**

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)**

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| 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 |

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| EDUCATION AND CARE SERVICES NATIONAL LAW | |
| 167 | Protection from harm and hazards |

**Education and Care Services National Regulations**

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| Children (Education and Care Services) | |
| 113 | Outdoor space natural environment |
| 114 | Outdoor space shade |
| 168 | Education and care service must have policies and procedures |
| 168  2aii | Sun Protection |

RELATED POLICIES

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| --- | --- |
| Clothing Policy  Health and Safety Policy  Physical Environment Policy | Supervision Policy  Work Health and Safety Policy |

**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 and visitors of Waratah All Year Care.

**IMPLEMENTATION**

Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But too much sun can cause skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

**Outdoors Play**

* From October to March sun protection is required at all times.
* Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
* From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
* In June and July sun protection is not required. Extra care is needed for services in the far west and north of NSW and for all children who have very fair skin.
* Sun protection measures will be considered when planning excursions and incursions.

**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

**Hats**

* Staff 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 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).

**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 (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

**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 do not provide enough sun protection and therefore are not recommended.**

**Sunscreen**

* Staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
* Sunscreen is stored in a cool, dry place and the use-by-date monitored.
* Sunscreen safety check will be recorded.

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 and 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, any metal surfaces
  + hot surfaces- rubber and synthetic grass, walkways, concrete surfaces
  + sun burn
  + access to bodies of water (filled water troughs/containers/trays/pools)
* use a thermometer or their hand to test surface temperature and make an informed decision about permitting children to play on 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**

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+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
* Using and promoting shade.
* Wearing sunglasses that meet the Australian Standard1067 (optional).
* Families and visitors are encouraged to role model positive sun safe behaviour.
* Record the UV Rating on a daily basis and throughout the day.

**Education and Information**

* Sun protection will be incorporated regularly into learning programs.
* Sun protection information will be promoted to staff, families and visitors.
* Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)
* The Sun Safety Policy will be made available to all Educators, Staff, Families, and Visitors of the service to ensure a compressive understanding about keeping sun safe.
* When enrolling their child/ren to our Service, parents will be required to give permission for educators to apply sunscreen to their child
* Information about Sun Safety will be included in our Parent Handbook

**Source**

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| Australian Children’s Education & Care Quality Authority. (2014).  Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>  Cancer Council. (2019). UV alert: https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/  Cancer Council. Home page: <https://www.cancer.org.au/>  Cancer Council. Preventing cancer: Sun protections: <https://www.cancer.org.au/preventing-cancer/sun-protection/>  *Children's Services Act 1996*  Early Childhood Australia Code of Ethics. (2016).  Education and Care Services National Law Act 2010*.* (Amended 2018).  [Education and Care Services National Regulations](https://www.legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653?query=((Repealed%3DN+AND+PrintType%3D%22act.reprint%22+AND+PitValid%3D@pointInTime(20200831000000))+OR+(Repealed%3DN+AND+PrintType%3D%22reprint%22+AND+PitValid%3D@pointInTime(20200831000000))+OR+(Repealed%3DN+AND+(PrintType%3D%22epi.reprint%22+OR+PrintType%3D%22epi.electronic%22)+AND+PitValid%3D@pointInTime(20200831000000)))+AND+Content%3D(%22early%22+AND+%22childhood%22)&dQuery=Document+Types%3D%22%3Cspan+class%3D%27dq-highlight%27%3EActs%3C/span%3E,+%3Cspan+class%3D%27dq-highlight%27%3ERegulations%3C/span%3E,+%3Cspan+class%3D%27dq-highlight%27%3EEPIs%3C/span%3E%22,+Search+In%3D%22%3Cspan+class%3D%27dq-highlight%27%3EAll+Content%3C/span%3E%22,+All+Words%3D%22%3Cspan+class%3D%27dq-highlight%27%3Eearly+childhood%3C/span%3E%22,+Point+In+Time%3D%22%3Cspan+class%3D%27dq-highlight%27%3E31/08/2020%3C/span%3E%22). (2011)  Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).  Guide to the National Quality Standard. (2017).  Kidsafe NSW [Playground Safety](https://www.kidsafensw.org/playground-safety/) .(2020).  *Occupational Health and Safety Act 2004*  Revised National Quality Standard. (2020). |

**Review**

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| --- | --- | --- |
| Date Reviewed | Modifications | Next Policy Review Date |
|  | New Policy created for new service July 2018 | July 2019 |
| July 2019 | No Changes | July 2020 |
| August 2020 | * Additional section for Risks of Summer Play * Parent permission to apply sunscreen added   Additional sources | August 2021 |