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Sun Smart Policy

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY

Date Created: June 2019 Date to be reviewed: March 2025 Version No: 5

Policy Statement:

Yarrunga Early Learning Centre is a Sun Smart Centre and recognises the need to have a Sun Safe Policy since most sun damage occurs in the first 15 years of a child’s life. We recognise that natural protection against the suns harmful ultraviolet rays is the best protection.

Background:

Too much of the sun’s UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and children up to 4 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 strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before the age of 70.

Scope:

This policy applies to the Approved Provider, Nominated Supervisor, Responsible Persons, educators, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of Yarrunga Early Learning Centre, including during off site excursions and activities.

Relevant legislation:

Education and Care Services National Regulations, Part 4.2: Children’s health and Safety reg 100.Part 4.3: Physical environment reg 113,114. Part 4.7 Leadership and Management Red 168 (2)(a)(ii), 170,171, 172.

Education and Care Services National Law Act 2010. Section 167: Protection from harm and hazards.

Work Health & Safety Act 2011 and Work Health and Safety Regulations 2011.

Location of information:

This information is available on Yarrunga’s website and on request.

Reference sources:

Australian Children’s Education and Care Quality Authority (ACECQA): [www.acecqa.gov.au](http://www.acecqa.gov.au)

Cancer Council website: [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart)

Cancer council Early Childhood Education and Care Sun protection policy: <http://www.sunsmartnsw.com.au/wp-content/uploads/2020/03/SunSmart-Early-Childcare-Policy.pdf>

Strategies:

**Outdoor activity times and sun protection practices:**

Sun Protection practices are required at anytime that the UV levels are 3 or higher. UV levels can be checked via the SunSmart widget on our webpage (Yarrunga.com.au), the free SunSmart app or at sunsmart.com.au.

The Sun protection measures listed are used for all outdoor activities **during the daily local sun protection times**. (the sun protection times are forecast from the Bureau of Meteorology for the time of day UV levels are expected to reach 3 or higher. At these levels, sun protection is required for all skin types.

* **NSW**

**All year**

**Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.**

**Special note regarding infants**

SunSmart practices consider the special needs of infants. All babies under 12 months are kept out of direct sun when UV levels are 3 or higher. Physical protection such as shade, clothing, broad brimmed, bucket hats are the best protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a baby’s skin. The widespread use of sunscreen on babies under 6 months old is not recommended.

**Yarrunga will ensure the following sun protection measures:**

**Environment:**

*Seek shade*

* Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area particularly in high-use areas.
* The availability of shade is considered when planning all outdoor activities.
* Children are encouraged to choose and use available areas of shade when outside.
* Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
* In consultation with the service’s committee, shade provision is considered in future plans and upgrades.
* A shade assessment is conducted regularly to determine the current availability and quality of shade.

**Behaviours:**

*Slip on sun-protective clothing*

* Children are required to wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts, skirts, and dresses for their child. If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear underneath this before going outdoors.

*Slap on a sun protective hat*

* All children and educators are required to wear hats that protect their face, neck, and ears (legionnaire, broad-brimmed or bucket style). Peak caps and visors are not considered a suitable alternative.
* Children without a sun protective hat are provided with one where possible.

*Slop on sunscreen*

* SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied by the service and/or families.
* Sunscreen is applied in accordance with the manufacturer’s directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours (or after sweating, towel drying or swimming).
* To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of staff and are encouraged to do so.
* Sunscreen is stored in a supervised, cool place, out of the sun and the expiry date is monitored.
* Where children have allergies or [sensitivities to sunscreen](https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/about-sunscreen/sunscreen-reactions), parents are asked to provide an alternative sunscreen or children are encouraged to play in the shade.
* Cancer Council recommends a [usage test](https://wiki.cancer.org.au/policy/Position_statement_-_Sun_protection_and_infants_(0-12_months)) before applying a new sunscreen.

#### Slide *on sunglasses [if practical]*

* Where practical, children are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

**Learning Skills:**

* Sun Protection is incorporated into the learning and development program. Information can be found at [www.cancercouncil.com.au](http://www.cancercouncil.com.au) or [www.sunsmart.com.au](http://www.sunsmart.com.au)
* The SunSmart policy is reinforced by educators and through children’s activities and displays.
* Educators, staff and families are provided with information about sun protection through family newsletters, parent handbook and Yarrunga website.
* When enrolling their child, families are:
* Informed of Yarrunga’s SunSmart policy
* Asked to provide covering clothing for their child
* Required to give permission for educators to apply sunscreen to their child
* Encouraged to use SunSmart measures themselves when at the service.

**Work Health & Safety (WHS)**

As part of WH&S UV risk controls and role-modelling, educators, staff and visitors:

* wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses.
* apply sunscreen; and
* seek shade whenever possible.
* A Risk Assessment is to be conducted if the temperature is over 33%.
* When heat index is 33-35% it is recommended children should only be outside for 15-30 minutes.

Monitoring and review:

* All staff, including management and educators, monitor and review the effectiveness of this SunSmart Policy and revise the policy when required (at least once every 2 years).
* The SunSmart Policy is available to staff, families, and visitors.