

# GUIDING PRINCIPAL SUN SMART

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

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## Introduction:

- 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 OHS strategies to minimise UV risk and associated harms for educators, staff and visitors

## Governance:

- All educators (whether casual, part time or full time) are subject to the policies and procedures in governing PCYC- Out of School Hours.

## Definition:

- Educators: Staff who hold qualifications in Children Services
- Staff: Staff who don't hold any qualifications in Children Services

## Policy

### Background:

Too 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 strongly associated with an increased risk of skin cancer later in life

## **Procedure**

- To assist with the implementation of this policy, educators and children are encouraged to access the local sun protection times via the SunSmart widget on the service's website, 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 a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.)

### **Seek shade (QA 1, 2, 3, 4, 5, 6)**

- 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.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- 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.

### **Slip on sun-protective clothing (QA 1, 2, 4, 5)**

- 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 and skirts 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 over this before going outdoors.

### **Slap on a hat (QA 1, 2, 4, 5)**

- All children 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.

### **Slop on sunscreen (QA 1, 2, 4, 5)**

- 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 more frequently if sweating 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 cool place, out of the sun and the expiry date is monitored.

### **Slide on sunglasses [if practical] (QA 1, 2, 4, 5)**

- 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 and skills (QA 1, 2, 4, 5, 6)**

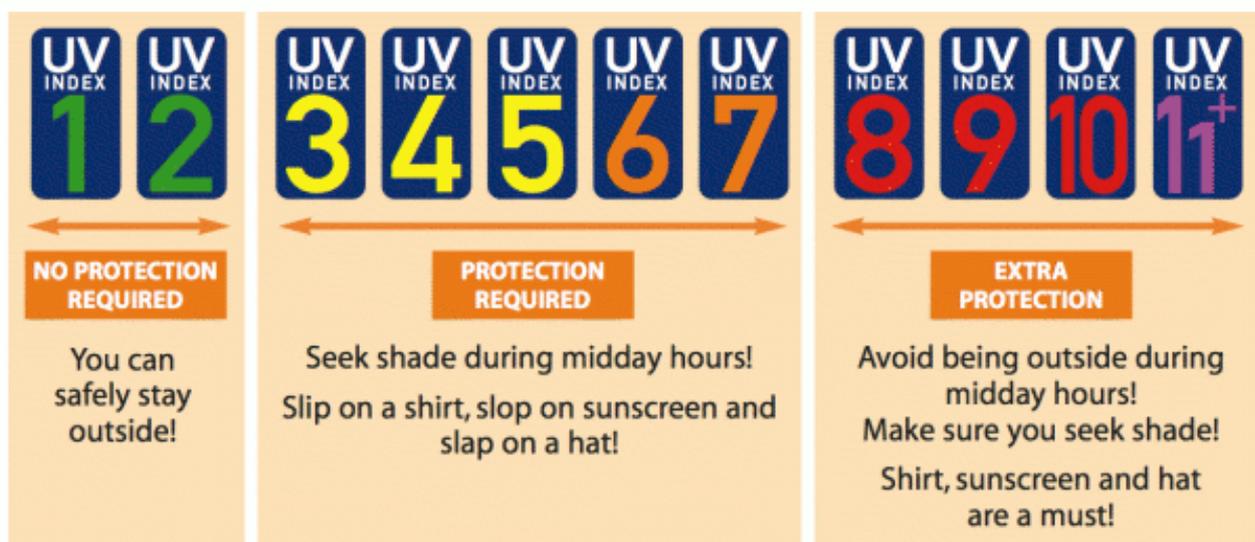
- Sun protection is incorporated into the learning and development program.
- The SunSmart policy is reinforced by educators and through children's activities and displays

### **Engaging children, educators, staff and families (QA 2, 3, 4, 3, 6, 7)**

- Educators, staff and families are provided with information about sun protection through family newsletters, service handbook, noticeboards and the service's website.
- When enrolling their child, families are:
  - Informed of the service's SunSmart policy;
  - Asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child;
  - Required to give permission for educators to apply sunscreen to their child; and
  - Encouraged to use SunSmart measures themselves when at the service.
- As part of OHS 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.

### Monitoring and review (QA 1, 2, 4, 5, 6, 7)

- All staff, including management and educators, monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to educators, staff, families and visitors.



**Date Approved:** March 2018

**Review Date:** March 2020

**Documents Considered:**

Education and Care Services National Law 2010

Education and Care Services National Regulations 2010 and 2014 Update (r r74, 75, 77, 108, 110, 113, 114)

National Quality Standard (Standard 2.1)

My Time, Our Place

Anti-Cancer Council