

Sun Policy

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Health related policy – Regulations 114, 168

Policy statement:

Over exposure to UV Rays from the sun causes sunburn, long term skin damage dramatically increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. UV radiation levels begin to rise in September and stay peak at 3 or above until April, so skin should be protected throughout this period, not just during summer. UV rays can't be seen or felt, so sunburn can occur on bright sunny days as well as cool or cloudy days.

Vitamin D is formed in the skin with exposure to the sun's UV rays and is needed to properly absorb calcium. A safe dose of sunlight adequate for Vitamin D production varies according to latitude, time of day and skin colour.

Between May and August UV levels are considerably lower. During this period a safe dose of sunlight for vitamin D production may be obtained with exposure to arms, hands and face or an equivalent area. Therefore children attending child care services do not need any special sun protection such as hats or sunscreen between May and August unless they are exposed for extended periods or near highly reflective surfaces such as water or snow. Experience suggests that those who are fair skinned or photosensitive may still need sun protection for extended periods outdoors in winter or can still get sun burnt.

Aim:

Our Service's Sun Protection Policy has been developed to ensure that all children attending Lipscombe Early Years Education and Care are protected from potential skin damage caused by the sun's ultraviolet (UV) rays. This policy is relevant throughout the year, but particular attention is paid to sun protection when UV levels are 3 and above between September and April. Consideration is also given to evidence that informs that the risk of Vitamin D deficiency is greater in Tasmania than in other states. Adequate safe exposure to the sun is required for the production of Vitamin D vital to the prevention of disease and maintenance of good health, for all children attending our service.

Target Audience:

Educators, Families and Children of Lipscombe Services

Guidelines / Procedures:

Staff is encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com or on the free SunSmart app. When the UV rating is 3 or above (generally from September to April), the five sun protection measures apply in combination, to outdoor play. (see below)

1. Play being limited to shady areas.

- The centre is committed to providing shade in areas where children gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- The availability of shade is considered when planning excursions and all outdoor activities.

- Strong consideration should be given to the level of exposure to direct sun for children in play areas where space between shaded areas is vast. Children's play should be controlled to specific areas that are more protected. The Nutgrove playground and Waimea oval are specific examples of this.
- Outdoor activities will be placed in shaded areas and moved according to the path of the sun throughout the day.

2. Application of sunscreen

- SPF 30+ or higher broad-spectrum water-resistant sunscreen is required for staff and children's use. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours
- Staff members are required to check the UV rating before applying sunscreen, either online or by calling the office to refer to most current information.
- Hamilton sunscreen is currently in use by the Service for under three's. When alternative sunscreens are selected, consideration is given to allergies and sensitivities.
- Sunscreen will be applied in such a way that avoids cross-infection e. g. children taught to apply sunscreen themselves, the use of tissues, hand washing between applications, the use of disposable gloves.
- Sunscreen should be applied thoroughly, rubbing into the skin. Only zinc based products need to be visible on the skin after application as they work on a barrier method, rather than chemical reaction in the skin.

3. Wearing hats

- Children and educators are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.
- Parents will be asked to provide an appropriate hat for their child. Children who do not have their own hats will be asked to use a hat provided by the Service, or stay in densely shaded areas around the middle of the day if the UV is high.

4. Wearing sun protective clothing

- Tops will have long or three quarter length sleeves, preferably with a collar. Shorts, pants and skirts should be long or at least knee length.
- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable for outdoor wear.

Children without a sun-safe hat or clothing must play in areas protected from the sun

5. Sunglasses when made available

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.

Additional Guidelines

- Children without a sun-safe hat or clothing must play in areas protected from the sun.
- On enrolment parents will be asked to sign a consent form for use of the Service's sunscreen or use of child's own sunscreen, which parents will provide. If, for some reason, a child cannot wear sunscreen she/he will be required to wear long sleeved tops and pants when outdoors and extra attention will be paid to their sun exposure to ensure they do not get sun damage.
- The Sun Protection Policy will be promoted in a positive way with staff members modeling identified sun protection measures as outlined in this policy and within Cancer Council guidelines. This includes wearing hats and applying sunscreen when appropriate. Sunscreen will be made available for staff to use at the Service. Children's experiences, and Service displays may also promote sun safety.

- The UV rating will be checked each day via the SunSmart app, on the internet, through the newspaper or by ringing the weather bureau and updated on a daily basis. Management will provide this information to room coordinators on request prior to outdoor play.
- If the heat of the day causes discomfort to children or staff members, play should be limited to indoors during peak times, between 12 noon and 2pm or times as indicated by the red / purple zone on the UV alert.
- Ensure sun policy is reflected in the planning of all outdoor events and excursions, in keeping with Cancer Council sun smart guidelines.
- The Service will regularly reinforce 'sun smart' behaviors' for staff and families in a positive way through newsletters, notice boards, parent meetings and staff / child activities.
- Information and resources on sun protection will be made available and regularly updated.
- Management and staff will monitor and review the effectiveness of the Sun Protection Policy every 18 months or as new information is made available and revise the policy as required.
- The SunSmart policy will be made available to educators, staff, families and visitors.
- We encourage families to practice Sun Smart behavior themselves when participating with the Service.

Program or other variations:

- **Advice for babies**

Infants under the age of 12 months should be kept out of the direct sunlight when UV levels are 3 and above, and always well protected with shade, clothing and hats.

When necessary, sunscreen should be applied to small areas of skin not protected by clothing and hats. However, the widespread regular use of sunscreen is not recommended under 6 months old.

Attachments:

Being SunSmart in Tasmania

Fitzpatrick Skin Type reference sheet

Links to other Policies:

Clothing Policy

Duty of Care

Excursion Policy

Occupational Health and Safety

Outdoor Play

Enrolment procedures

Links to NQF:

Regulation 114

Standard:1.1.3 All aspects of the program, including routines, are organized in ways that maximize opportunities for each child's learning.

Standard: 2.1 Each child's health and physical activity is supported and promoted.

Standard: 2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.

Standard: 2.2 each child is protected.

Standard 2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Standard: 3.1 The design of the facilities is appropriate for the operation of the service.

Standard: 3.1.1 Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.

Standard: 3.2.1 Outdoor and indoor spaces are organized and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

Standard: 5.1.2 The dignity and rights of every child are maintained.

Standard: 7.1.1 A statement of philosophy guides all aspects of the services' operation.

Standard: 7.1.2 Systems are in place to manage risk and enable the effective management and operation of a quality service.

Standard: 7.1.3 Roles and responsibilities are clearly defined, and understood, and support effective decision-making and operation of the service.

References:

The Cancer Council Tasmania

www.sunsmart.com.au

*email communication 26/11/09 – February 2010 (ECA South Forum) Sue Edwards – Cancer Council

“Children and the Sun” Cancer Council 2009 publication (revised 2008)

“How much sun is enough in Tasmania” Cancer Council brochure 2009

“Sun smart UV alert” Your daily guide to sun protection Cancer Council 2009

Fitzpatrick Skin Type sheet (May 2012) (updated August 2015)

Sunscreen Information sheet 2013 (provided by Cancer Council Aug 2015)

SunSmart Hats 2010 (provided by Cancer Council Aug 2015)

Eye Protection Information sheet 2013 (provided by Cancer Council Aug 2015)

Sun Protection for Babies and Infants 2013 (provided by Cancer Council Aug 2015)

Vitamin D in Tasmania 2014 (provided by Cancer Council Aug 2015)

Changes made at review:

March 2009 - Inclusion of information related to Vitamin D production, Reference support of wearing sunglasses, Reviewed reference to staff modeling Sun Smart practices, Include reference to sunscreen availability to staff.

November 2009 - Amended recommendations for babies under 12 months, Amend limitation of outdoor play between 10am and 3pm to refer to five sun safe measures, Move paragraph from guidelines section to rationale “Between May....later in the afternoon”

February 2010 - Change dot point five in guidelines from “sunscreen will be applied twice daily....” to “Sunscreen will be applied at two hourly intervals when children exposed to sun in months between September and April inclusive, and the UV rating reaches three or above” , Amend policy statement to acknowledge that Tasmania has different considerations to other states in relation to vitamin D

May 2012 – Updated to include information provided by Cancer Council, mainly based on changes to our recommendations due to UV analysis conducted by the Menzies centre showing that average peak UV is on below 3 from mid-April to mid-September. See attached doc with mark up from Cancer Council – reference Erin Trainer.

August 2015 - Removed reference to Fahan, made changes as requested by Sue Clennett, SunSmart Officer.

Added new references provided by Sue Clennett August 2015

May 2018 – Updated national quality standards.

October 2018 – Signed CCT partnership agreement and accepted CCT changes – removed reference to skin types; removed 30 mins safe exposure; removed reference to ‘mid’ Sept and ‘mid’ April; added reference to UV daily forecast apps.