



Sun Policy

Issue Date:
October 2024

Review Date:
October 2026

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
100	Risk assessment must be conducted before excursions
101	Conduct of risk assessment for excursion
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
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies and procedures

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

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
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
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

Policy statement:

Over exposure to UV radiation from the sun causes sunburn, skin and eye damage and increases the risk of skin cancer. Sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing 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). By teaching sensible sun protection habits from an early age and implementing best-practice sun protection measures, early childhood services can play a significant role toward reducing the lifetime risk of skin cancer. In Tasmania, UV radiation levels begin to rise around the beginning of September and remain at 3 or above each day until approximately

the end of 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.

Between May and August (approximately) UV levels are below 3. 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. 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:

This SunSmart policy provides guidelines to:

- 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 the Services strategies to meet its duty of care and Work, Health and Safety obligations to minimize harmful UV exposure for children, staff and visitors.

Target Audience:

Educators, Management, Families and Children of Lipscombe Services

Guidelines / Procedures:

Educators will:

- check and record the sun protection times on a daily basis by referring to the free SunSmart Global UV app. The app provides a UV forecast, and real time reading. The forecast will be used for forward planning of outdoor activity. The real time reading can be relied upon to support SunSmart behaviours on the day. 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)
- monitor the UV Index Levels and Daily Sun Protection times throughout the day
- monitor and review the effectiveness of the *Sun Safety Policy*
- respond to severe weather events by monitoring through the Bureau of Meteorology (BOM) and adapting the learning environment
- role model sun safe behaviours (see Role modelling and WH&S)

1. Slip on sun protective clothing

- Staff, educators and children are required to wear sun-safe clothing that covers as much skin as possible. Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts and pants, skirts and dresses for their child.
- Clothing exposing large amounts of shoulder and upper torso e.g. singlets, tank tops and strappy dresses are not considered suitable to provide adequate sun protection. If additional protection is required, children will be assisted to choose spare clothes (their own or from the Service).

2. Slop on sunscreen

- SPF 50+ or higher broad-spectrum water-resistant sunscreen is required for staff and children's use. Sunscreen is applied 20 minutes before sun or UV exposure and reapplied every 2 hours, more frequently if swimming, towel drying or sweating. If outdoors for the first 20 minutes after initial application of sunscreen, all other sun protection measures should be observed (sunglasses optional).
- Staff members are required to check the UV rating before applying sunscreen, either online using the SunSmart Global UV App or by calling the office to confirm most current information.
- Hamilton Toddler sunscreen is currently in use by the Service for children aged under three. For children aged over 3 years, Hamilton Sensitive sunscreen is used. When alternative sunscreens are selected, consideration is given to allergies and sensitivities and families will be notified of any change.
- Sunscreen will be applied in such a way that avoids cross-infection. Educators may use tissues, hand wash between applications, or use disposable gloves.
- Children over 3 years may be given opportunities to learn / practice applying sunscreen to themselves. This will only occur under direct supervision to ensure sunscreen is managed safely. The opportunity for children's self-application will not replace educators completing a thorough application for effective sun protection.
- Sunscreen application will be recorded on daily information records. The time and initial of educator will be included.
- On enrolment, parents will be asked to sign a sun protection agreement. This includes permission for use of the Service's sunscreen or nominates that the child will use their own sunscreen, which parents will provide.
- Sunscreen provided by parents must not contain nut oils and must be provided in the original container (ingredients listed) and be within the use by date.
- If a child cannot wear sunscreen, non-application of sunscreen reasons will need to be discussed with the service and noted on the enrolment in writing. The child will be required to wear long sleeved tops and pants when outdoors and extra attention will be paid to their sun exposure to ensure risk of sun damage is minimised.
- 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.
- Sunscreen should be stored in a supervised, cool place, out of the sun and expiry date monitored.

3. Slap on a sun protective hat

- 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 appropriate hat, will be asked to use a hat provided by the Service or stay in densely shaded areas with other sun protection measures in place whenever the UV is above 3.

4. Seek shady areas.

- The Service 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 Sandy Bay Infant School 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.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.
- In consultation with the service's management, shade provision is considered in future plans and upgrades.

5. Slide on sunglasses (if available)

- Where practical, children and staff are encouraged to wear close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) and cover as much of the eye area as possible.

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 and staff at the Service will therefore be required to role model appropriate sun protection behaviours by:

- wearing a sun safe hat, whenever children are required to wear a hat (see Slap on a sun protective hat)
- wearing sun safe clothing (see Clothing Policy)
- applying SPF50+ broad-spectrum water-resistant sunscreen at least 20 minutes before going outdoors.
- using and promoting access shade
- wearing sunglasses that meet the Australian Standard 1067:2003 (optional)
- regularly drinking water and encouraging children to drink extra water in hot weather
- encouraging families to role model positive sun safe behaviour

- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the Service

Education, Information and awareness:

- Educators will document and note in planning documents, program planning conversations around sun protection.
- New educators will be provided with a SunSmart policy at induction. New families will be provided with the SunSmart policy with key enrolment policies and where there is an update to the policy
- Educators are encouraged to complete Cancer Council's free Generation SunSmart online learning modules.

The Service provides an agreement and permission form to families at time of enrolment. Families should query Service procedures and discuss family preferences if they differ to what is contained in the agreement.

- Management and staff will monitor and review the effectiveness of the SunSmart policy every 18 months or as new information is made available and revise the policy as required
- Management will submit the Sun Safety Policy to the Cancer Council every three years (or if any changes have occurred) to maintain SunSmart status (required if a SunSmart member).
- Information about Sun Safety will be included in our *Family Handbook* and sun protection information and resources made accessible and communicated regularly to families
- The Service will regularly reinforce 'SunSmart' behaviours for staff and families in a positive way through newsletters, notice boards, parent meetings and staff/child activities

Risk Assessment:

- Sun protection considerations and actions are included in risk assessments for excursions and excursion checklists
- Severe hot weather events will be monitored through the Bureau of Meteorology (BOM) alerts and risk mitigation measures implemented
- The brand and type of sunscreen offered by the Service will be reviewed in response to feedback from families or observation of reactions in children

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.

Babies aged under 6 months have highly absorptive skin and the Australasian College of Dermatologists recommends minimising use of sunscreen. 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.

Risk 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 Service 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)
- complete a *Daily Playground Surface Temperature Check* during summer months or extreme hot weather
- 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- (children may remove shoes when playing in sand or mud pit)

If the heat of the day causes discomfort to children or staff members, play should be limited to indoors during peak times, as indicated by the red / purple zone on the UV alert

Links to other Policies:

Clothing Policy
Duty of Care
Excursion Policy
Work Health and Safety
Outdoor Play
Enrolment procedures
Supervision Policy
Water Policy

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)

Child Care Desktop UV/Sun Safe Policy

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.

October 2021 – Removed links to NQF, added template for regulations, Law and Quality areas, added information about Risk of Summer play and temperature checking surfaces, Policy reviewed by the Cancer Councils Sunsmart Program, changed Aim, minor edits.

October 2024 – Added additional Regulations, removed reference of particular times to avoid outdoor play, added a sun protection/UV column to the Excursion Risk Benefit Analysis form, added additional sub-headings including 'risk assessment', 'education and information awareness', and 'role-modelling and work health & safety'. Amended format; Researched current SunSmart information

Review

Management, staff and educators will regularly monitor and review the effectiveness of the Sun Protection Policy. The service's Sun Smart Policy will be updated and submitted to Cancer Council Tasmania every three years to maintain SunSmart status.

Please Note: Cancer Council Tasmania recognises the importance of and encourages regular outdoor play for children. The above recommendations help to ensure this can occur in a safe way.

This information is based on current evidence available at time of review. Last updated: October 2024.

For more information

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