

## Sun Policy

**Issue Date:**  
October 2021

**Review Date:**  
October 2023

### EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

|               |  |
|---------------|--|
| 100           | Risk assessment must be conducted before excursions          |
| 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   |

### 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 life time risk of skin cancer. In Tasmania, UV radiation levels begin to rise at the beginning of September and remain at 3 or above each day until 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 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. 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:**

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:**

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](http://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. Slip on sun protective clothing**

- Staff, educators and children are required to wear sun-safe clothing that covers as much skin as possible. Tops will have a sleeve to the elbow, 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.

**2. Slop on 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, more frequently if swimming or towel drying.
- 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 children aged under three. 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.
- Sunscreen should be stored in a cool, dry place and the expiry date monitored. Parents are encouraged to apply sunscreen to children before attending the service.

**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 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.

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

**4. Seek 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.

**5. Slide on sunglasses (if available)**

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

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**Additional Guideline**

- 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. A non-application of sunscreen form will also need to be completed.
- 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 SunSmart guidelines.
- The Service will regularly reinforce ‘SunSmart 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 SunSmart 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.

**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]

**Links to other Policies:**

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

**References:**

The Cancer Council Tasmania

[www.sunsmart.com.au](http://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.

### 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.

Policy date: 19/10/2021

Review date: 19/10/2024

**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: July 2021.

For more information

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