

## D-7 Sun Protection

### National Quality Standards (NQS)

1.2.3	Each child's agency is promoted, enabling them to make choices and decisions that influence events and their world.
2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
6.1.2	The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child's learning and wellbeing.
6.2.1	Continuity of learning and transitions for each child are supported by sharing information and clarifying responsibilities.

### Education and Care Services National Regulations

Reg. 101	Conduct of risk assessment for excursion
Reg. 114	Outdoor space—shade
Reg. 168	Education and care service must have policies and procedures

### My Time, Our Place

1.2	Children develop their autonomy, inter-dependence, resilience and sense of agency
4.2	Children use a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating
4.3	Children transfer and adapt what they have learned from one context to another
3.2	Children take increasing responsibility for their own health and physical wellbeing

### Child Safe Standards

1	Child safety is embedded in organisational leadership, governance and culture.
2	Children participate in decisions affecting them and are taken seriously.
3	Families and communities are informed and involved.
7	Staff are equipped with the knowledge, skills and awareness to keep children safe through continual education and training.
10	Policies and procedures document how the organisation is child safe.

### Policy Statement

We aim to reduce the risk of skin cancer from too much sun exposure while maintaining adequate vitamin D levels in our children. We aim to take a sensible approach to sun protection in our service

that empowers children to take responsibility for their own health and wellbeing. We aim to ensure that all children in attendance at the service when the UV forecast is 3 or above will be protected from harmful rays of the sun. All staff will model appropriate sun protection behaviour and enforce the sun protection policy.

## Procedure

### Scheduling of Activities

The following procedures will be implemented when scheduling activities when the UV Rating is 3 or above:

- Where appropriate, outdoor activities will be scheduled outside of peak UV times or planned for shaded areas with sun protection used for all children.
- In non-daylight-saving time (April-Sept), outdoor activities can take place at any time as long as sun protection (hats, clothing, sunscreen, shade) is used when the UV Index is 3 or above.
- Where the UV Index for that day is not known, sun exposure will be minimised between the hours of 10am and 2pm (11am and 3pm during day light saving).
- When planning all outdoor activities (including excursions) sun protection will be included in the risk assessments for service participation.
- All sun protection practices will be maintained while staff are escorting children to and from school and on any future excursions.

### Shade

- Structured outdoor activities will be held in shaded areas whenever possible when the UV Index is 3 or above.
- The service will identify shade options at various times of the day and the year within the outdoor space and promote these to the children. Educators will set up activities and play spaces to make best use of the shade.
- Children will be encouraged to use available shade when playing outside during times when the UV Index is 3 or above.

### Clothing

- Educators and children will wear protective clothing when outside during periods of time when the UV Index is 3 or above.
- When outdoors children will be encouraged to wear sun-safe clothing with sleeves (covered shoulders), collars or covered necklines.
- Midriff, crop or singlet tops do not provide adequate protection and are not recommended. The Parent Handbook will remind families and children of the appropriate clothing to wear to the service to meet the sun protection policy.
- Children will be encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Recommended hats are bucket hats and broad brimmed hats. Baseball caps and visors are not recommended.

- All educators will be required to wear tops with sleeves and collars or covered necklines and longer style skirts, shorts or trousers.
- Children who do not have a hat must play in a sheltered area. Staff are to enforce the rule that where a child does not have a hat or is wearing clothing that is not recommended, as appropriate, they must access shaded areas in which to play.

### **Sunscreen**

- At least SPF 30+ broad-spectrum, water-resistant sunscreen will be available at the service for children and educators to use.
- Educators will ensure there are regular reminders (minimum every 2 hours) to apply sunscreen prior to outdoor play during the months of October to March between 11am and 3pm or when the UV Index 3 or above.
- Permission to apply the service provided sunscreen will be included in the enrolment form. Educators will respect the parents' right to refuse authorisation to apply sunscreen, however will require children to wear appropriate clothing or play in the shade.

### **Role Modelling of Staff**

- Educators will wear protective clothing and practice a combination of sun protection strategies (sun-safe hats, clothing, sunglasses, at least SPF 30+ broad-spectrum, water-resistant sunscreen) when in attendance at the service.
- Wherever possible, staff will seek out shade when undertaking outdoor supervision in months where the UV Alert is 3 or above.
- Educators will use opportunities to discuss with children sun protection and demonstrate a positive and proactive approach to the management of sun protection in the service.

### **Collaboration with Children**

- Children will be provided with opportunities to take leadership roles in managing sun protection.
- Children will be encouraged to access the internet to check the UV ratings for the day and advise educators of the times when the UV Index will be 3 or above.
- Children will be reminded that they can remove their hats when the UV Index falls below 3.

### **Education and Information**

- The sun protection policy will be available to all families using the service.
- All parents, including for vacation care, will be informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements during enrolment.
- For vacation care services only: parents are encouraged to apply at least SPF30+ broad-spectrum water-resistant sunscreen to children before all program sessions.
- Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen that is at least SPF 30+ broad-spectrum water-resistant, or the child encouraged to play in the shade.

- The service will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic from Cancer Council NSW as appropriate.

## Review

This policy is adopted as standard for all OSHC/BASC services in NSW and endorsed as SunSmart by Cancer Council NSW and Network of Community Activities. This policy will not be changed unless advised by Cancer Council NSW and Network of Community Activities.

## Related Policies

- Acceptance and Refusal of Authorisations Policy
- Allergies Policy
- Daily Routines Policy
- Dealing with Medical Conditions Policy
- Enrolment and Orientation Policy
- Excursions Policy
- Indoor and Outdoor Environment Policy
- Staff Orientation and Induction Policy
- Work Health and Safety Policy

## Sources

- Cancer Council NSW
- Child Safe Standards
- Education and Care Services National Regulations 2011
- Framework for School-Age Care in Australia - My Time Our Place
- National Quality Standard – Australian Children’s Education and Care Quality Authority
- Network of Community Activities
- Work Health and Safety Act 2011

Date Endorsed: December 2023

Date of Review: December 2025

Version Control			
Version	Changes Made	Initiated By	Director Sign-off
v.2.202312	<ul style="list-style-type: none"> <li>- Child Safe Standards added</li> <li>- Format changed</li> <li>- Updated Sources</li> </ul>	Director	
v.2.202306	- Added 'Allergies' to related policies	Staff	
v.2.202206	- Updated links to NQS and MTOP	Staff	

	- Updated Related Policies		
v.2.201905	- No changes made		
v.2.201905	<ul style="list-style-type: none"> <li>- Updated links to NQS, National Regulations and My Time, Our Place</li> <li>- Moved to Sun Smart Policy as per Cancer Council NSW and Network of Community Activities</li> <li>- Major changes in policy include baseball caps not recommended for use by children or staff, minimum 30+SPF sunscreen (adjusted from 15+SPF), sunscreen applied when UV is higher than 3 (adjusted from 2).</li> </ul>	<p>Staff</p> <p>Staff</p> <p>Sun Smart Policy (Cancer Council NSW)</p>	