

## **POLICY 2.43**

### **SUNSMART**

*This policy is for implementation from 1<sup>st</sup> August to 30<sup>th</sup> April . During the months May to July the UV level should be checked daily via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv). If the UV is over 3 the policy is to be adhered to.*

#### **Rationale and Policy Considerations**

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The service understands it has a duty of care to ensure that all persons are provided with a healthy and safe environment in which to play and work. To this end all educators/staff will be fully informed about their responsibilities to implement and adhere to the service's health policies and procedures.

All children have the right to develop to their full potential in an environment which provides for their health, safety and wellbeing. Effective skin protection strategies and practices assist services to protect all persons from, and minimise the potential risk of, exposure to UV rays and sun damage.

#### **Philosophy**

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Documented approach to provision of a healthy environment; approach to educator/staff professionalism and responsible conduct.

#### **Legislation and Government Requirements**

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- Education and Care Services National Law Act 2010 (SA)
- Education and Care Services National Regulations
- Privacy Act (1988) Commonwealth

#### **National Quality Framework**

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**Education and Care Services National Regulations 114**

**National Quality Standard for Early Childhood Education** Elements 2.1, 2.3, 2.3.2, 3.1.1

**Early Years Learning Framework for Australia**

##### **Rationale**

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer in their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair skinned.
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population
3. For many years social values have supported the belief that a suntan is healthy and attractive
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn, tanning and sun exposure is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is preventable.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging members of the services' community to use effective skin protection.

### **Aims**

The aims of the "Prospect Community Early Education and Care Skin Protection Policy" are to promote among children, educators and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision making about skin protection
- Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.

### **Implementation**

This policy is for implementation throughout the whole year when the UV is 3 and above, with particular focus on the months 1<sup>st</sup> August to the end of April.

The purpose of the whole policy is to ensure that all members of our Early Education and Care Service are protected from skin damage caused by the harmful rays of the sun, as well as balancing healthy sun exposure for vitamin D.

All members of the "Prospect Community Early Education and Care" will be strongly encouraged to use the following skin protection strategies:

#### **1. Take particular care if in direct sun between the peak UV hours of the day**

1.1 All outdoor activity sessions will be held in shaded areas.

1.2 The children's lunch, rest time and indoor activities will be held between 10am and 3pm to avoid UVR exposure in the middle of the day as much as possible.

1.3 Whenever possible, all outdoor activities will be scheduled indoors or in the shaded areas of the service.

2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

3. The further provision of shade areas is a priority for the service.

4. Wear appropriate clothing which protects the skin.

Children, educators and parents will be expected to wear a broad brimmed, bucket or legionnaire style hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in areas protected from the sun.

Children, educators and parents will be expected to wear t-shirts with collars or higher necklines whilst outside and encouraged to wear elbow length sleeves and longer shorts/skirts. No singlet or midriff tops are allowed.

5. Liberally apply a broad spectrum, water resistant sunscreen with an SPF 30 or higher to clean, dry skin, 20 minutes before going outdoors. Reapply sunscreen every two hours if outdoors for a prolonged period of time or more frequently if involved in water play or perspiring.

Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.

Sunscreen will be applied to the children in the morning and again before they go outside in the afternoon.

Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants six months and older.

If practical, encourage children to wear close fitting wraparound sunglasses that provide the best protection. Sunglasses should meet Australian Standards AS/NZS 1067.1:2016 (Sunglasses: lens category 2,3 or 4)

6. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

Educators and parents will be encouraged to role model appropriate SunSmart strategies in all service activities

Skin cancer prevention will be included in appropriate teaching activities.

Educators will be encouraged to keep up to date with new information and resources through contact with the Cancer Council's Resource Centre. New families and staff will be informed of the policy.

The information on policy and procedures will be shared through Facebook, the centre website, newsletters and other.

7. The "Prospect Community Early Education and Care Skin Protection Policy" will be evaluated on ongoing bi annual basis.

Policy will be discussed at staff meetings on a six-monthly basis.

### **Skin Protection Policy Implementation Plan**

<b>Policy Objective</b>	<b>Implementation strategies for consideration</b>
1. Take particular care if in direct sun across the peak UV times of the day	<ul style="list-style-type: none"> <li>• Outdoor activities should be held in shaded areas</li> <li>• The service will reschedule outdoor activities to occur in areas protected by the sun whenever the UV is over 3.</li> <li>• Maximise the use of shade by moving portable play equipment as the shade moves during the day.</li> <li>• Scheduling and shade provision will be a specific consideration when planning excursions.</li> <li>• Children under twelve months of age will be kept out of the direct sun as much as possible.</li> <li>• Special care will be taken when babies are in shaded outdoor areas. Babies will be kept in the middle of the shaded area rather than at the edge will offer more protection but they still need to be protected against reflected UVR.</li> </ul>
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors	<ul style="list-style-type: none"> <li>• The service will endeavour to maximise shade by the provision of shade structures and shade trees. Priority will be given to areas where children play for extended periods of time, eg sand pit, water play, table activities, fixed play</li> </ul>

	<p>equipment.</p> <ul style="list-style-type: none"> <li>• The further provision of shade to appear on all forward planning documents.</li> </ul>
<p>3. Wear appropriate clothing which protects the skin.</p>	<ul style="list-style-type: none"> <li>• Children, educators and parents will be expected to wear a broad brimmed, bucket or legionnaire style hat whenever they are outdoors. Children not wearing an appropriate hat will be expected to play in areas protected from the sun.</li> <li>• Children and educators will be expected to wear t-shirts with collars and higher necklines and encouraged to wear elbow length sleeves as well as longer style shorts and skirts/dresses</li> <li>• Parents/carers of babies will be required to dress them in clothes that cover as much skin as possible, as well as an appropriate hat.</li> </ul>
<p>4. Wear sunscreen</p>	<ul style="list-style-type: none"> <li>• Liberally apply a broad spectrum, water resistant sunscreen with an SPF 30 or higher to clean, dry skin, 20 minutes before going outdoors. Reapply sunscreen every two hours if outdoors for a prolonged period of time or more frequently if involved in water play or perspiring.</li> <li>• Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.</li> <li>• Sunscreen will be applied to the children in the morning and again before they go outside in the afternoon.</li> </ul>

**Ratified by Cancer Council SA April 2021  
Review March 2024**