



## **SUN PROTECTION POLICY**

(Required regulation)

NLDOOSH strictly adheres to the Cancer Council Sun Smart policy which states:

Our service aims to balance the risk of skin cancer from too much sun exposure with 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 (*"My Time, Our Place"* Outcome 3).

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

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.

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. Ultraviolet (UV) radiation cannot be seen or felt and can be high even on cool and overcast days. This means our service educators will teach children not to rely on clear skies or high temperatures to determine the need for sun protection and provide them with exposure to resources and materials that will reinforce this message and assist children to understand the complexities of their environment (*"My Time, Our Place"* Outcome 2).

Strategies for teaching sun protection in the service will be based on children actively practicing and monitoring their own implementation of sun protection strategies as active learners (*"My Time Our Place."* Outcome 4). This will include children having opportunities to access UV Alerts and monitoring the exposure to the sun of both themselves and their peers (*"My Time, Our Place"* Outcome 5). Our service believes that implementing a best practice sun protection policy will have a major impact on reducing the chance of our children developing skin cancer in later life.

## **Procedures**

### Scheduling of activities

- a. Where appropriate, outdoor activities will be scheduled outside of peak UV times or planned for shaded areas with sun protection used for all children.
- b. 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.
- c. When planning excursions, sun protection is to be included in the risk assessments for service participation.
- d. Sun protection practices are to be maintained while educators are escorting children to and from school and on any excursions.

### Shade

- a. Structured outdoor activities will be held in shaded areas, whenever possible. when the UV index is 3 or above.
- b. Educators will identify shade options at various times of the day, and the year, within the outdoor space and encourage children playing outside to play in these areas during times when the UV index is high.
- c. Educators will set up activities and play spaces to make best use of the shade.

### Clothing

- a. Educators and children will wear protective clothing when outside during periods of time when the UV index is 3 or above which includes clothing with sleeves, collars or covered necklines.
- b. Midriff, crop or singlet tops do not provide adequate protection and are not recommended.
- c. 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.
- d. Staff are required to wear tops with sleeves and collars or covered necklines and longer styles skirts, shorts or trousers.
- e. Children who do not have a hat must play in a sheltered area. Educators 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 to play.

### Sunscreen

- a. SPF 50+ broad spectrum water resistant sunscreen will be made available for children and educators to use.
- b. If children have allergies to the sunscreen provided, parents/ guardians will be asked to provide an alternate sunscreen.
- c. If the UV index is 3 or above educators will remind children to wear their hats and to play in the shade where possible.

### Educators as role models

- a. Educators will wear protective clothing and use sun protection strategies (sun safe hat, clothing, sun glasses, SPF 50+ broad spectrum water resistant sunscreen) while working.
- b. Where possible, educators will seek out shade when undertaking outdoor supervision when the UV alert is 3 or above and will create opportunities to discuss sun protection with children and will demonstrate a positive and proactive approach to the management of sun protection at the centre.

### Collaboration with children

- a. Children are to be provided with opportunities to take leadership roles in managing sun protection.
- b. Children will be encouraged to access the internet/ sun smart app to check the UV ratings for the day and advise staff of the times when the UV index will be 3 or above.

### Sun protection information

- a. The sun protection policy is available to all families using the centre. Sun safety information, including the policy and appropriate clothing requirements, are communicated to parents/ guardians via the family information booklet when they enrol their child.
- b. The centre will incorporate sun and skin protection awareness activities in their program and provide notices and posters about the topic from the Cancer Council NSW as appropriate.

## CONSIDERATIONS

Name	Reference
Education and Care Services National Regulations	114, 100
National Quality Standard	2.3.2, 6.3.2
Other NDLOOSH policies/ documentation	Providing a Child Safe Environment
Other	<ul style="list-style-type: none"><li>• WHS Act and Regulations 2012</li><li>• Cancer Council NSW: <a href="http://www.cancercouncil.com.au/reduce-risks/sun-protection">www.cancercouncil.com.au/reduce-risks/sun-protection</a></li></ul>

## Policy status

Policy developed	June 2003
Last reviewed	Dec 2021
Due for review	May 2023
Policy owned by	Centre Coordinator, Employees, Families, Management and Interested Parties