



# Sun Protection

Approval: October 2022

Review: October 2024

## POLICY STATEMENT:

This sun protection policy has been created in line with the Australian Cancer Council recommendations.

*Bondi Before and After School Care* aims 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.

All BASC 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. At BASC we ensure the safety of all children in attendance at the service by implementing sun safe practices that protect children from harmful rays of the sun.

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.

## NATIONAL QUALITY STANDARD (NQS)

| 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        |

|     |                                  |
|-----|----------------------------------|
| 167 | Protection from harm and hazards |
|-----|----------------------------------|

| 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<br>(2)(a)(ii)                                | Sun Protection   |

#### RATIONALE:

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, OOSH services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

#### PROCEDURE:

##### 1. Scheduling Outdoor Activities - Quality Area 1: Educational program and practice, Quality Area 2: Children's health and safety

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- Where appropriate, outdoor activities will be scheduled outside of peak UV times or planned for shaded areas with sun protection used for all children.
- Sun protection is included in service participation risk assessments, including excursions where all sun protection practices are planned, organised, understood and available.

##### 2. Shade - Quality Area 3: Physical environment

- The availability of shade is considered for all outdoor activities and excursions.
- Shade options are provided, maintained and promoted to the children.
- Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns.
- Shade options can include a combination of portable, natural and built shade. Cancer Council encourages regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.
- Children will be encouraged to use available shade when playing outside during times when the UV Index is 3 or above.

### **3 Hats - Quality Area 2: Children's health and safety**

- All staff and children are encouraged to wear SunSmart hats that protect their face, neck and ears.
- Children without a SunSmart hat are encouraged to play in the shade or are provided with a spare SunSmart hat.

SunSmart hats include:

- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- Legionnaire style hats.
- Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

### **4. Clothing - Quality Area 2: Children's health and safety**

- Staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- Children without SunSmart clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.

SunSmart clothing includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.
- Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

### **5. Sunscreen - Quality Area 2: Children's health and safety**

- SPF30+ (or higher) broad-spectrum water-resistant sunscreen is available at the service.
- All staff and children are encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- Families ensure sunscreen is applied prior to attending vacation care.
- Cancer Council recommends usage tests before applying a new sunscreen.
- All sunscreen is stored in a cool, dry place and the expiry dates monitored.

### **6. Role modelling of staff - Quality Area 1: Educational program and practice, Quality Area 5: Relationships with children**

Staff act as role models and demonstrate SunSmart behaviours by:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional)
- Applying SPF30+ broad-spectrum water-resistant sunscreen
- Promoting the use of shade
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.
- Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside

### **7. Education - Quality Area 1: Educational program and practice, Quality Area 4: Staffing Arrangements, Quality Area 5: Relationships with children**

- Children are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
- Children understand why sun safety is important and learn how to take effective sun protection actions.
- Further information is available from Cancer Council NSW's website [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au).

**8. Information and policy availability** - Quality Area 6: Collaborative partnerships with families and communities, Quality Area 7: Governance and leadership

- Sun protection policy, procedures, requirements and updates are made available to staff, families and visitors.
- Sun protection information and resources are accessible and communicated regularly to families.
- All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in the service or vacation care.

**9. Review** - Quality Area 4: Staffing arrangements, Quality Area 7: Governance and leadership

- Management regularly monitor and review how effectively they implement their sun protection policy.
- Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain SunSmart status.

| <b>CONSIDERATIONS</b>                                     |  |
|---|--|
| <b>Education &amp; Care Services National Regulations</b> | 144, 100   |
| <b>National Quality Standard</b>                          | 2.6  |
| <b>Service Policies &amp; Documentation</b>               | <ul style="list-style-type: none"><li>• Enrolment Form</li></ul>   |
| <b>Other</b>  | <ul style="list-style-type: none"><li>• WHS act and Regulations 2012</li><li>• Cancer Council NSW<br/><a href="http://www.cancercouncil.com.au/reduce-ri-sks/sun-protection">www.cancercouncil.com.au/reduce-ri-sks/sun-protection</a></li></ul> |