



Sun Protection Policy & Procedure

The Approved Provider, Nominated Supervisor, educators and staff understand that correct sun protection practices reduce a child's risk of developing skin cancer and eye damage later in life and ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance. They will implement all sun protection measures numbered 1-10 to fully comply with Cancer Council's National SunSmart Early Childhood Program.

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.

Note overheated surfaces (eg metal, concrete, stone, sand, rubber, plastic, soft fall mats and synthetic grass) can cause serious burns to young children when daily temperatures are high. The Nominated Supervisor will ensure educators regularly conduct temperature checks of outdoor facilities and equipment when temperatures are high to assess the risk of burns to children and are adequately trained in this process. The Nominated Supervisor may require educators keep records of the dates, times and temperatures tested. Note if educators cannot comfortably leave their hand on a surface for five seconds, children may suffer burns before they can react to the temperature. Educators will plan indoor activities if there is a significant risk to children of burns from overheated surfaces ie surface temperatures are very high and/or children wearing shoes still risk burns if they sit, kneel or lie down on surfaces.

The Approved Provider, Nominated Supervisor, educators and staff will:

- **use a combination of sun protection measures listed below whenever UV levels reach 3 and above.** 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
- access local sun protection times and UV levels via the SunSmart widget which has been downloaded on the service website, the free SunSmart app, myUV.com.au or from the Bureau of Meteorology website www.bom.gov.au/uv.

Sun Protection Measures

- **Scheduling Outdoor Activities**

Educators and staff will use UV levels and sun protection times when planning outdoor activities including excursions.

- **Shade**

The service will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

Outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns. Children will be directed to use available areas of shade when outside.

- **Hats**

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- legionnaire hat
- bucket hat with a deep crown and brim size of at least 5cm (adults 6cm)
- broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors) or can be provided with a spare hat.

Please note: Baseball caps or visors are not sun safe because they do not provide enough sun protection.

Clothing

- When outdoors, educators, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:
 - loose fitting shirts and dresses with sleeves and collars or covered neckline.
 - longer style skirts, shorts and trousers. clothing that is made from cool, densely woven fabric.
 - clothing with high UV protection factors (UPF), at least UPF15 but preferably UPF 50.

Children who are not wearing sun safe clothing can be provided with spare clothing or will be asked to play in an area protected from the sun.

Please note: Midriff, crop or singlet tops are not sun safe because they do not provide enough sun protection.

Note children who are playing outside on days where surface temperatures are high may need to wear shoes to minimise the risk of burns.

- **Sunscreen**

All educators, staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Parents are required to apply the sunscreen to children prior to arrival in the morning. The preschool will have sunscreen available for parents to apply to their child/ren when they arrive each morning. Sunscreen is stored in a cool, dry place and the use-by-date monitored. Authorisation to apply sunscreen will be obtained from parents if their children use extended hours of care and education. Children and babies may not be able to play outside if we are not authorised to apply sunscreen.

Babies (under 12 months)

Educators will ensure babies are not exposed to direct sunlight and are kept in dense shade at all times. Educators will also ensure babies' skin is well protected. They will wear sun safe hats and clothing, and may have small amounts of SPF30 or higher broad-spectrum water-resistant sunscreen suitable for babies applied to their exposed skin. The widespread use of sunscreen on babies under 6 months old is not recommended. Babies clothing, hat and location in the shade will be checked regularly to ensure they continue to be well protected from UV.

- **Role Modelling**

Educators and staff will act as role models and demonstrate sun safe behaviour by:

- wearing a sun protective hats, clothing and sunglasses outside

- applying SPF30+ or higher broad-spectrum water-resistant sunscreen
- using and promoting shade

Families and visitors are encouraged to role model positive sun safe behaviour.

- **Education and Information**

Educators will regularly include learning about sun safety in the curriculum and review the resources available at Generation SunSmart www.generationsunsmart.com.au and SunSmart www.sunsmart.com.au Educators will provide children with opportunities to take leadership roles in managing sun protection. For example, children will be assigned duties regarding UV/sun protection time checks, hat reminders and management of sunscreen.

Positive messages about sun safety and sun protection measures will be included in communications with families eg through newsletters and our service website. Families will be encouraged to role model positive sun safe behaviour and use SunSmart measures when at the Service.

- **Policy Availability**

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to educators and staff, families and visitors.

Procedure

- Educators who open the service will review UV rating for the day. They will record rating and time when sun protection is required.
When the UV Index is low (below 3), you can safely be outside with no protection.
When UV Index levels reach 3 and above, UV radiation is strong enough to damage skin, so sun protection is required.
UV rating 8 to 10. Avoid being outside during midday hours. So children must be inside by 11am and do not go outside until the UV level drops below 8.
UV rating is 11 or more. Children are not allowed outside.

- Parents are to tick on sunscreen checklist if their child has had sunscreen applied in the morning except in the winter months.

- Educators will check list and apply sunscreen to children when UV rating is over 3 and children will be in the sun for more than 10 minutes. Sunscreen will be applied at the discretion of the educators during the winter months.

- Please note sun exposure times and sunscreen applications differs for children under 2 years of age. Refer to policy.

The UV Index



Review

This policy & procedure is reviewed as part of the Physical Environment Policy