

Sample SunSmart Policy for Early Learning Centre's



This Policy relates to the following National Law, Regulations, Standards and Quality Areas:

[Work Health and Safety Act](#)

[National Quality Standards](#) (QA 1,2,3,4,5,6)

[Education and Care Services National Law Act 2010](#)

[Early Years Learning Framework](#)

Rationale

Over-exposure to ultraviolet radiation (UV) in childhood is a major risk factor for developing skin cancer later in life. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). By teaching sensible sun protection habits from an early age and implementing best-practice sun protection measures, early childhood services can play a significant role toward reducing the life time risk of skin cancer.

The sun protection policy has been developed to ensure that all children, employees and visitors attending the centre are protected from skin damage caused by harmful UV radiation from the sun. In Tasmania, the UV is 3 and above from September to April.

Objectives

- Ensure all children, educators and staff are protected from over-exposure to UV;
- Educate staff and children on appropriate sun protection;
- Ensure the outdoor environment provides shade for children, educators and staff;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Strategies

- Educators and staff are encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com or on the free SunSmart app.
- Educators, staff and children will use the following sun protection measures when UV levels are 3 and above. In Tasmania average peak UV levels reach 3 and above from September to April.

1. Shade (QA 1, 2, 3, 4, 5, 6)

The service is committed to providing shade in areas where children gather such as play areas.

The use of these areas is actively encouraged for outdoor play and considered when planning outdoor activities such as excursions.

Children without a sun-safe hat or clothing are required to play in areas protected from the sun.

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2. **Hats** (QA 1, 2, 4, 5)

All educators, staff and children are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Caps and sun visors do not offer enough protection and are not recommended

3. **Clothing** (QA 1, 2, 4, 5)

Staff, educators and children are required to wear sun-safe clothing that covers as much of the skin as possible. Tops should have long or three quarter length sleeves, preferably with a collar. Shorts, pants and skirts should be long or at least knee length. Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable.

4. **Sunscreen** (QA 1, 2, 4, 5)

SPF 30+ (or greater) broad-spectrum, water-resistant sunscreen is required for staff and children's use. This is to be supplied by the service and/or families. Sunscreen is to be applied 20 minutes before going outdoors and reapplied every 2 hours or more frequently if swimming or heavily sweating. Sunscreen should be stored in a cool, dry place and the expiry date monitored. Parents are encouraged to apply sunscreen to children before attending the service.

5. **Sunglasses** (QA 1, 2, 4, 5)

Close-fitting, wrap-around sunglasses that comply with Australian Standards 1067 (Category 2, 3 or 4) are encouraged but optional.

Scheduling outdoor activities

Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.

From September to April: minimise activities in direct sun between 11am and 3pm.

Sun protection practices are required at all times when UV is 3 or above. Where possible, activities are scheduled outside of the peak UV times of the day when the UV radiation levels are at their highest.

Advice for babies

Babies under 12 months of age will not be exposed to direct sunlight, when the UV Index is 3 or above. They are required to wear sun-safe hats and clothing and stay in the shade. When necessary, sunscreen may be applied to small areas of skin not protected by clothing and hats. However, the widespread regular use of sunscreen is not recommended under 6 months old.

Role Modelling and Work, Health and Safety

When UV is 3 and above, educators and staff outdoors will model sun protection behaviour measures outlined above. Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor activities when the UV is 3 and above.

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Education and information

Sun protection information will be promoted to staff, families and visitors. SunSmart policy updates and requirements will be made available to staff, families and visitors. SunSmart behaviour is regularly reinforced and promoted to the centre's community through newsletters, meetings, notice boards and upon enrolment. Further information is available from the Cancer Council Tasmania website www.cancertas.org.au

Review

Management, staff and educators will regularly monitor and review the effectiveness of the Sun Protection Policy. The service's Sun Smart Policy will be updated and submitted to Cancer Council Tasmania every three years to maintain SunSmart status.

Policy date:

Review date:

Relevant documents / links

<http://www.cancer.org.au/policy-and-advocacy/position-statements/sun-smart/>

<http://www.cancertas.org.au/vitamin-d/>

<http://www.generationsunsmart.com.au/>

<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

National Early Years Learning Framework (EYLF)

Get Up & Grow: Healthy eating and physical activity for early childhood (Section 2) 2009

Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)

AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

Please Note: Cancer Council Tasmania recognises the importance of and encourages regular outdoor play for children. The above recommendations help to ensure this can occur in a safe way.

This information is based on current evidence available at time of review. Last updated: December 2017.

For more information

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