

Woodlands > 🌳 Woodlands Long Day Care & Kindergarten Policies
> ❤️ Quality Area 2 – Children's Health & Safety

Sun Safety Policy (QA2)

Updated 19 hours ago

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE



Woodlands - Sun Safety Policy

Australia has one of the highest rates of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child’s UV exposure as children attend during times when UV radiation levels are highest.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, schools and early childhood services can play a significant role in reducing skin cancer risk.

National Quality Standard (NQS)

Quality Area 2: Children’s Health and Safety

2. **Health** Each child’s health and physical activity is supported and promoted
1

2. **Wellbeing** Each child’s wellbeing and comfort is provided for, including appropriate

- 1. **and** opportunities to meet each child’s needs for sleep, rest and relaxation
- 1 **comfort**

- 2. **Healthy** Healthy eating and physical activity are promoted and appropriate for
- 1. **lifestyle** each child.
- 3

- 2. **Safety** Each child is protected
- 2

- 2. **Supervision** At all times, reasonable precautions and adequate supervision ensure
- 2. **n** children are protected from harm and hazard
- 1

Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW

113 Outdoor space natural environment

114 Outdoor space shade

168 Education and care service must have policies and procedures

Related Policies

Purpose

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

Scope

This policy applies to children, families, staff, management and visitors of the Service.

Implementation

Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But too much sun can cause skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

To assist with the implementation of this policy, educators and children are encouraged to access the local sun protection times via the SunSmart widget on the service's website, the free SunSmart app or at Sunsmart.com.au.

The Sun protection measures listed are used for all outdoor activities **during the local sun protection times**. (The Sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April).

You need to get your UV data from: <https://www.sunsmart.com.au/uvalert/widget.aspx>
The app is on ALL campus iPad's.

Outdoors Play

- From Mid-August to April sun protection is required during the sun protection times.
- From May to mid-August, sun protection is required if the UV is 3 or higher.
- Sun protection measures will be considered when planning excursions and incursions.
- You must bring the children and yourself inside when the UV is between 8-10, if you feel that the UV is high but the UV is below 8 or the sun is strong, then you are welcome to bring the children and yourselves inside.

UV index	Action
0 to 2	You can safely enjoy being outside!
3 to 7	Seek shade during midday hours! Slip on a shirt, slop on sunscreen and slap on hat!
8 and above	Avoid being outside during midday hours! Make sure you seek shade! Shirt, sunscreen and hat are a must!

Shade

- All 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.
- 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.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.

Hats

- 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).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

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

Clothing

- When outdoors, 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.
- Children who are not wearing sun-safe clothing can be provided with spare clothing or will be required to play under the verandah or in the shade.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

- Staff and children will apply SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming.

To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under the supervision of staff and are encouraged to do so.

- Sunscreen is stored in a cool, dry place and the use-by-date monitored.
- The sunscreen safety check will be recorded.

Babies

- Babies under 6 months will not be exposed to direct sunlight and are to remain in dense shade when outside.
- Babies under 12 months should not be exposed to direct sun when UV levels reach 3 or higher.
- They will wear sun-safe hats and clothing and small amounts of SPF50+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.
- If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen needs only be used occasionally on very small areas of a baby's skin. The widespread use of sunscreen on babies under 6 months old is not recommended.

Role Modelling

Staff will act as role models and demonstrate sun-safe behaviour by:

- Wearing a sun-safe hat (see Hats).
- Wearing sun-safe clothing (see Clothing).
- Applying SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using, encouraging and promoting children to stay in the shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).
- Families and visitors are encouraged to role model positive sun-safe behaviour.
- Record the UV Rating on a daily basis and throughout the day.



Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families and visitors.
- Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart
- The Sun Safety Policy will be made available to all Educators, Staff, Families, and Visitors of the service to ensure a comprehensive understanding about keeping sun safe.

Source

- Australian Children's Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- ECA Code of Ethics.
- Guide to the National Quality Standard.
- Occupational Health and Safety Act 2004
- Children's Services Act 1996

- Supervision in Children's Services. Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15, p. 8-11.
- Cancer Council
- www.cancercouncil.com.au/sunsmart
- SunSmart Child Care
- http://www.imagineeducation.com.au/files/CHC30113/Sunsmart__20Childcare_A_Guide_for_Service_Providers.pdf
- Revised National Quality Standards
- Royal Children's hospital
https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Sun_protection/
- [https://www.who.int/news-room/questions-and-answers/item/radiation-the-ultraviolet-\(uv\)-index](https://www.who.int/news-room/questions-and-answers/item/radiation-the-ultraviolet-(uv)-index)

Review

Date Reviewed/Updated	Modifications
October 2017	<ul style="list-style-type: none"> • Updated the references to comply with the revised National Quality Standard
February 2019	<ul style="list-style-type: none"> • Updated to meet current Cancer Council Victoria and Sunsmart guidelines and recommendations
January 2024	<ul style="list-style-type: none"> • Branding and formatting updated • Policy links added • Service specific information amended not affecting the delivery of policy