

## 4.8 Sun Safety

### Policy Statement

The service's sun safety policy is to ensure that all children attending the service are protected from the harmful effects of the sun (UV radiation). We also recognise the opportunity to promote and establish excellent health and safety practices for children - the service views its sun safety practices as a chance to form good life-long habits and educate children about sun smart behaviour. Likewise, the service expects that all children, staff, and visitors attending our service are protected from skin damage caused by harmful UV radiation from the sun and will follow the service's procedures.

The rationale for this policy was provided by the Queensland Cancer Council and is consistent with their Sun Smart Policy Guidelines for Education and Care Settings. Our sun safety policy ensures the approach is integrated – there is alignment between procedures, the program, and the environment.

The scope of our sun-safe practices is intended to support–

- ❖ All children, educators and staff are protected from damaging to UV radiation,
- ❖ The outdoor environment provides shade for children, educators, and staff,
- ❖ Children are encouraged and supported to develop independent sun protection skills, and
- ❖ Compliance with regulatory requirements, and Work Health safety responsibilities.

Due to our location and the sustained levels of UV radiation throughout the year, our sun-safe practices are adopted all year round, regardless of season. The dominant guide for the level of sun protection is the relative UV rating. The service will ensure proportionate sun protection is utilised where the UV rating is above Level 3 or more (as displayed on the Supervision board).

Where activities are held outdoors, the service will maximise the opportunity to access shade. Where shade is unavailable (i.e., excursions), higher levels of sun protection will be adopted.

Families are required to meet their responsibilities, including their child is equipped with the appropriate sun safe items for the activities (hats, sleeved shirts etc.). These expectations may vary based on session of care (i.e., vacation care) and the nature of activity (i.e., swimming). Parents will be kept fully informed of specific requirements. At a minimum, hats must be brought to every session of care.

### Key Tasks and Responsibilities

Monitoring UV Rating	The Nominated Supervisor or Responsible Person will be responsible for understanding the relevant times of high-risk UV ratings to enforce sun safety measures.
Supervising Sun Safety	All educators are responsible for modelling sun-safe practices and be wearing a hat while outdoors. The Nominated Supervisor or Responsible Person will ensure educators are enforcing expectations for sun safety and that children are using the relevant sun safe measures.

## Procedures

### Understanding Daily UV Rating

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The service will monitor daily UV rating times via SunSmart App with the Nominated Supervisor being aware and communicating the specific times the level of sun protection is required. A display of the UV index will be available in the OSHC office.

### Requirements for Sun Safety

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#### Practices for UV Rating 1 and 2

Some form of sun protection (typically shade or hats), to promote embedded sun-safe behaviours, will be expected when UV ratings are at non-damaging levels. This expectation is balanced with the benefits of physical activity.

#### Practices for UV Rating 3 and above

The service will adopt proportionate sun-safe measures where UV ratings are at potentially damaging levels. Generally, this will mean multiple sun-safe measures appropriate to the circumstance. The utility and School expectation of wearing a hat means that it is a requirement for outdoor play during sun protections times (UV Rating of Level 3 or more).

Where UV ratings are Level 6 (high) and above, **all accessible sun-safe measures** will be expected to be used.

Sun Safe Measure	Requirements
Hats	<ul style="list-style-type: none"><li>❖ <b>No hat – no outdoor play</b> (where there is a risk of sun damage) will be enforced. Children without a hat can play in shade where UV Rating are Level 1 or 2.</li><li>❖ Children must bring their own hats to the service. However, in emergency cases only, spare hats are available. Borrowed hats will be charged \$3.00</li><li>❖ Wide-brimmed or bucket hats are the preferred hat.</li></ul>
Shade	<ul style="list-style-type: none"><li>❖ Where possible, educators will operate outdoor activities, including excursions, in shaded areas.</li><li>❖ The availability of shade is considered when planning all outdoor activities.</li><li>❖ Children are encouraged to choose and use available areas of shade when outside.</li><li>❖ Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.</li><li>❖ 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.</li></ul>

Sunscreen	<ul style="list-style-type: none"> <li>❖ Children and staff will be provided with minimum SPF30 sunscreen. Parents can supply a suitably alternative (e.g. where a child is sensitive to sunscreen).</li> <li>❖ All sunscreens will be applied as per manufacturer’s directions, including time before entering sun and re-applying.</li> <li>❖ Sunscreen is recommended be worn for outdoor activities between 10am and 3pm or where UV Levels are 3 or above.</li> <li>❖ Generally, children will be expected to apply their own sunscreen with the supervision of educators. Assistance from educators may be offered, where required.</li> </ul>
Clothing	<ul style="list-style-type: none"> <li>❖ Children and staff must wear a top with sleeves to the service – ideally, covering as much skin as possible.</li> <li>❖ Singlets or sleeveless tops are not permitted.</li> </ul>
Swimwear	<ul style="list-style-type: none"> <li>❖ For swimming and water play activities, a sleeved swim top (i.e. a rashie) must be worn over swimwear that does not cover an equivalent area. A Lycra top is preferred option.</li> </ul>
Sunglasses	<ul style="list-style-type: none"> <li>❖ The use of sunglasses is accepted (where children/parents wish these to be worn). However, the service recognises sunglasses often aren’t practical for children.</li> </ul>

### **Role-Modelling**

Educators will ensure that all personnel including themselves, children and visitors attending the service are protected from the harmful UV effects of the sun during periods of increase UV rating. This includes adopting the same practices expected of children. Educators will be supplied with hats as part of the uniform or provide their own hats consistent with the uniform code and are expected to wear them while outdoors.

### **Excursions and Swimming Activities**

Potential exposure of UV radiation will form part of the service’s risk assessment. Where possible, plans for access to shade will be created. However, the service recognises that there are often limitations during these types of activities. Where shade is not readily available, the service will mitigate risks by selecting more appropriate times of the day (where possible) or using strictly using all available sun protection measures (hats, sunscreen, appropriate clothing/swimwear).

### **Promoting Learning and Skill Development**

Opportunities to incorporate sun protection into the program will be continually explored. Displays will reinforce the expectations and positive sun-safe messaging.

Children are encouraged to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

### **Physical Environment – Quality Improvement**

The service will continue to explore opportunities to enhance the environment for additional shade. Where aspects of the environment are in the control of the service (i.e. use), the most sun-safe option to carry out activities will be selected.

Collaboration with the school to seek further development of shaded play spaces to enhance the environment will be continually explored.

### **Engaging Families and the Community**

Enrolment information will provide information around the service's Sun Safety Policy. Parents wishing further information can contact one of the service's identified management personnel.

Ongoing feedback and support will be sought from parents/guardians and the school community for the sun safety policy and its implementation through newsletters and, parent meetings etc.

Where possible, alignment with school expectations will be sought, to ensure a consistent message and expectation for children.

The sun safety policy will be reviewed periodically with children, staff, parents and the Approved Provider.

## **Legal and Regulatory Foundation**

In preparing and implementing this policy, the Approved Provider recognises the obligations and requirements related to –

### **National Quality Framework**

- **Education and Care Services National Law:**
  - s.167 Offence relating to protection of children from harm and hazards
- **Education and Care Services National Regulations:**
  - R.114 Outdoor space—shade
  - R.155 Interactions with children
  - R.161 Authorisations to be kept in enrolment record
  - R.168 Education and care service must have policies and procedures
  - R.170 Policies and procedures to be followed
  - R.171 Policies and procedures to be kept available
- **National Quality Standard:**
  - QA2 – Children's health and safety
  - QA6 – Collaborative partnerships with families and communities

### **Additional Regulatory Context and Guidance**

- Cancer Council Queensland's SunSmart Policy Guidelines – Early Childhood Cancer Council Australia

## **Related policies and procedures**

5.1 Interactions and Relationships with Children

6.1 Enrolment and Orientation

7.2 Privacy and Confidentiality of Records