



# Sun Protection

## **POLICY STATEMENT**

Lake Mac Newy OOSH will implement a 'best practice' Sun Safe Policy. Our service can help protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun and teach children good sun protection habits from an early age to reduce their risk. To ensure the outdoor environment provides shade for children, educators and staff to minimise unsafe UV exposure. Additionally, this policy guides protecting children, young people, and staff from severe hot weather events that are becoming more prevalent in Australia due to climate change.

Australia has one of the highest rates of skin cancer in the world, with more than two in three Australians developing some form of skin cancer in their lifetime. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

## **PROCEDURE**

Lake Mac Newy OOSH will comply with the *National SunSmart Program* to ensure children's health and safety are maintained at all times whilst at the Service. This policy has been reviewed and approved by the Schools and Early Childhood lead at SunSmart. (2024)

We will endeavour to adhere to the 10 recommendations provided by the Cancer Council to enforce sun safety at our service.

Our OSHC Service will monitor the Australian Bureau of Meteorology for notification of severe heat events and implement risk mitigation strategies to protect children's health, safety, and well-being.

Management will regularly monitor and review how effectively services implement their sun protection policy. Our Sun protection policies will be updated yearly or if new recommendations are released. They will be submitted to Cancer Council NSW every three years to maintain SunSmart status

## **MONITORING UV LEVELS**

Sun protection is required when UV levels reach level 3 or above. Our Service will monitor the UV levels daily through one or more of the following methods:

- using the smartphone [SunSmart global UV app](#) available at iTunes App Store and Google Play store
- using the SunSmart widget on the Service's website available at [www.cancer.org.au](http://www.cancer.org.au)
- viewing the Bureau of Meteorology website <http://www.bom.gov.au/>
- visiting [www.myuv.com.au](http://www.myuv.com.au)

## **OUTDOOR ACTIVITIES**

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times, when the UV Index is 3 or above. UV radiation exposure is considered as part of a service's risk management and assessment for all outdoor events and activities on and off-site.



The sun protection times are a forecast from the [Bureau of Meteorology \(BOM\)](#) or the time-of-day UV levels are forecast to reach 3 or higher. At these levels, a combination of sun protection is recommended for all skin types. Our Service will use a combination of sun protection measures (see below) whenever UV Index levels reach 3 and above.

## **SUN PROTECTION TIMES**

UV levels vary across Australia and throughout the year. There may be times when UV levels are three and above outside these periods. We will check the daily local sun protection times and adhere to the UV levels to be sure we are using sun protection when required for our Service.

Active outdoor play is encouraged throughout the day all year, provided appropriate sun protection measures are used when necessary.

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times and when the UV index is three and above. A combination of sun protection measures is considered when planning all outdoor activities such as excursions and water play.

## **SHADE**

### **THE APPROVED PROVIDER WILL ENSURE:**

- sufficient natural, portable, or man-made shade is provided, particularly in high-use areas
- shaded areas will be used for play experiences
- play experiences will be monitored throughout the day and moved as required to remain in the shade
- regular risk assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements
- whilst hats are encouraged, children who do not have appropriate hats or outdoor clothing must choose a shady play space or a suitable area protected from the sun and not move to unshaded playground areas
- children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade

## **HATS**

Educators, children, and visitors must always wear sun-safe hats when outdoors, unless in shaded areas. Cancer Council Australia describes sun-safe hats as:

- Hats that protect a person's face, neck, and ears, which include:
  - a legionnaire hat – the front peak and flap should overlap at the sides, and the flap should cover the neck
  - a bucket hat with a deep crown and angled brim that is at least 5cm for young children and at least 6cm for adults and must shade the face, neck, and ears
  - a broad-brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults. The brim should provide shade for the whole face

*Please note: Baseball caps or visors do not provide enough sun protection and are not recommended as an alternative, but if children or staff wear these styles of hats, we will ensure that sunscreen is applied to the neck and ears.*



## **CLOTHING**

- When outdoors, staff and children wear sun-safe clothing covering as much skin as possible. Cancer Council Australia recommends clothing that:
  - covers the shoulders, back and stomach
  - is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts and trousers

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

- 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
-

## **SUNSCREEN**

As per Cancer Council Australia recommendations:

- staff and children will apply SPF50+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours or more frequently if washed or wiped off
- where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade. An allergy record must be provided in writing by the parent/guardian and recorded on the child's enrolment record. Cancer Council Australia recommends usage tests before applying a new sunscreen
- sunscreen is stored in a cool, dry place, and the use-by-date is monitored.

## **RISKS OF SUMMER PLAY**

Australia has a hot climate and playground equipment; surfacing can heat rapidly and retain heat. Many playground surfaces and equipment can exceed temperatures greater than 50°C; if young children come into contact with these surfaces, they can be burned severely within seconds. Surfaces can retain heat for long periods of time and cause burns to children. Play surfaces must be monitored before children have access to the outdoor environment.

## **SEVERE HEAT**

Severe heat or heat waves are periods of unusually hot weather. Climate change is resulting in more intense heatwaves in Australia, which presents an extreme risk to the health and safety of children. Children, especially young children, can dehydrate quickly, which can cause heat-related illnesses, including heat stroke and heat exhaustion.

Active heatwave warnings are indicated within the Australian Warning System (AWS) and range from Advice to Emergency Warning. Risk management measures must be implemented and managed to ensure children remain safe and healthy during a severe heat event.



## **THE APPROVED PROVIDER, NOMINATED SUPERVISOR AND EDUCATORS WILL:**

- ensure obligations under the Education and Care National Law and Regulations are met
- ensure risk assessments are conducted to identify any potential hazards to children during summer months that could cause harm or injury to children. Risk minimisation control measures will be put in place to protect children. Potential hazards could include:
  - hot equipment- slides, poles, guardrails, any metal surfaces
  - hot surfaces- rubber and synthetic grass, walkways, concrete surfaces
  - Sunburn and dehydration
  - access to bodies of water (filled water troughs/containers/trays/pools)
  - severe heat
  - bushfires and air pollution

### **complete a Daily Playground Surface Temperature Check during summer months or extreme hot weather**

- use a thermometer or hand to test surface temperature and make an informed decision about permitting children to play on equipment or in the outdoor space. If the surface temperature is determined to be too hot or is recorded as at or above 50°C Kidsafe Australia recommends that children do NOT play on the surface
- ensure children wear shoes when playing in the outdoor area
- monitor the [Bureau of Meteorology \(BOM\)](#) for severe heat weather warnings and implement procedures to ensure the health and safety of all children and staff
- monitor bushfire activity and be aware of air quality and hazardous levels of air pollution caused by bushfires
- ensure children have access to water at all times throughout the day and remind them to take extra drinks during hot weather to avoid dehydration
- be aware of the signs and symptoms of heat-related illness in children and implement first aid as required
- keep children indoors during severe heat events
- ensure fans/air conditioning are used to help keep children cool
- close blinds/curtains where required to prevent sun shining into rooms
- adhere to NSW health department advice for hot weather risks and recommendations
- ensure sunscreen purchased for the Service complies with Australian Standard AS/NZS 2604:2012.

## **ROLE MODELLING AND WORK, HEALTH AND SAFETY**

Cancer Council Australia acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. Occupational UV exposure is also a WH&S issue. All educators and staff at the Service will, therefore, be required to role model appropriate sun protection behaviours by:

- wearing a sun-safe hat (see Hats)
- wearing sun-safe clothing (see Clothing)
- applying SPF50+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- using and promoting shade
- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the Service
- regularly drinking water and encouraging children to drink extra water in hot weather



- adapting the learning environment when severe weather events occur
- families and visitors are encouraged to role model positive sun-safe behaviour
- monitoring the UV Index Levels and Daily Sun Protection Times throughout the day
- regularly monitoring and reviewing the effectiveness of the *Sun Safety Policy*
- submitting the Sun Safety Policy to the Cancer Council every three years to maintain SunSmart status (required if a SunSmart member).

## **EDUCATION AND INFORMATION**

- SunSmart App daily UV times are promoted to guide staff, parents and children behaviour.
- Sun protection will be incorporated regularly into learning programs
- We would like to educate children to understand why sun safety is important and learn how to take effective sun protection, including taking leadership roles in managing sun protection e.g., accessing daily UV levels and sun protection times, hat reminders and management of sunscreen
- 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 hats, clothing, and sunscreen requirements on enrolling their child in the service.
- Severe hot weather events will be monitored through the [Bureau of Meteorology \(BOM\)](#) and risk mitigation measures will be implemented
- Educators and staff are encouraged to complete free Cancer Council Generation SunSmart online PL learning modules
- Further information and resources are available from the Cancer Council website <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety> and each state and territory SunSmart web page
- See <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools> for links

## **CONSIDERATIONS**

<b>Education and Care Services National Regulations</b>	<b>National Quality Standard</b>	<b>Other Service policies/documentation</b>	<b>Other</b>
(S)167  100, 113, 114, 136, 168(2)(a)(ii), 170, 171	<b>Quality Area-</b> 2.1, 2.1.1, 2.1.3, 2.2, 2.2.1, 3.1.1  <b>Child Safe Standards-</b> 1-4, 9, 10	- Providing a Child Safe Environment Policy - HR Dress Code policy - Incident Injury Trauma and Illness Policy - Interactions with Children Policy	My Time, Our Place - Version 2 Centre newsletters National Quality Standards OWNA Software Program

### **ENDORSEMENT BY THE SERVICE:**

Approval date: November 2024

Date for review: November 2025