



UV / Sun Safe Policy

Australia has the highest rate of skin cancer in the world with 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. 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 outmost layer of skin). UV damage accumulated during early childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

National Quality Standards

Quality Ares 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

Quality Area 3: Physical Environment		
3.1.1	Fit for purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child

Education and Care Services National Law

167	Protection from harm and hazards
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Education and Care Services National Regulations

100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures
168 (2) (a) (ii)	Sun Protection
170	Policies and procedures

PURPOSE

By implementing a 'best practice' Sun Safe Policy, our OSHC Service can help protect all children and staff from 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.

SCOPE

This policy applies to children, families, staff, management, approved provider, nominated supervisor and visitors (including contractors) of the Out of School Hours Care Service.

IMPLEMENTATION

Our OSHC Service will work in compliance with the *National SunSmart Program* to ensure children's health and safety is maintained at all times whilst at the Service. This policy applies to all activities on and off site.

MONITORING UV LEVELS

Sun protection is required when UV levels reach 3 or above. OSHC 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
- viewing the Bureau of Meteorology website www.bom.gov.au/
- visiting 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. 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, a combination of sun protection is recommended for all skin types.

OSHC will use a combination of sun protection measures whenever UV Index levels reach 3 and above.

Sun Protection Times

UV levels vary across Australia and throughout the year. There may be times UV levels are three and above outside these periods. In South Australia sun protection measures are required during the daily sun protection times from 1st August to 30th April or whenever the UV is 3 and above at all other times. Please check your local sun protection times and UV levels to be sure you are using sun protection when it is required for your location.

Before School care sun protection is not required as the UV Index is rarely 3 and above during this time.

After School care sun protection is required during terms 1 and 4, and whenever the UV is 3 or above at other times. Staff are encouraged to check the local sun protection times to determine if other sun protection measures are required during terms 2 and 3.

Vacation Care sun protection is required for all outdoor activities from 1st August to 30th April and whenever the UV is 3 and above at other times.

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times. 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 will be provided, particularly in high use areas
- shaded areas will be used for play experiences outside
- play experiences will be monitored throughout the day and moved as required to remain in the shade
- regular risk assessment and reviews will be made of the outdoor area to assist in planning for further shade requirements

- children who do not have appropriate hats or outdoor clothing are required to choose a shady play space or a suitable area protected from the sun and not move to shaded areas of the playground
- children will still be required to wear hats, protective clothing, and sunscreen if playing under natural or portable shade

HATS

Educators, children and visitors are required to wear safe hats at all times they are outdoors. Cancer Council Australia describes SunSmart 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 children and at least 6cm for adults and must shade the face, neck and ears
 - a broad brimmed hat with a brim 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 therefore are not acceptable.

- Children without a sun safe hat will be asked to play in an area protected from the sun.

CLOTHING

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible. Cancer Council Australia recommends clothing that:
 - shirts have collars
 - tops with higher necklines
 - shirts with elbow length sleeves
 - top that cover back and stomach
 - is loose fitting such as loose-fitting shirts and dresses with sleeves, or longer style skirts, shorts and trousers
 - rash vests/t-shirts for outdoor based swimming activities
- Children who are not wearing sun safe clothing will be required to play under the shade or in an area protected from the sun

SUNGLASSES

Children are encouraged to wear close fitting wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian Standard AS/NZS 167 (Sunglasses lens category 2,3 or 4).

SUNSCREEN

As per the Cancer Council Australia recommendations:

- 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 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. A record of any allergy must be provided in writing from the parent/guardian and recorded on the child's enrolment form. Cancer Council Australia recommends usage tests before applying a new sunscreen
- Sunscreen is stored in a cool, dry place and the use-by-date monitored
- families are encouraged to apply sunscreen to children before or upon arrival at the service
- children are reminded to apply sunscreen
- time is provided to apply sunscreen at least 20 minutes before going outside

- sunscreen is re-applied every 2 hours and immediately after water-based activities, towel drying or being washed off

RISK OF SUMMER PLAY

Australia has a hot climate and inevitably playground equipment and surfacing can heat up rapidly and retain heat. Many playground surfaces and equipment can exceed temperatures greater than 50°C and if young children come into contact with these surfaces, they can be burned severely within seconds.

The Approved Provider, Nominated Supervisor and educators will:

- ensure risk assessments are conducted to identify any potential hazards to children during the summer months that could cause harm or injury to children. Risk minimisation control measures will be put in place to protect children. Risk minimisation control measures will be put into place to protect children. Potential hazards could include:
 - hot equipment – slides, poles, guardrails, any metal surface
 - hot surfaces – rubber and synthetic grass, walkways, concrete surfaces
 - sun burn
 - access to bodies of water (filled water trough/containers/trays/pools)
- use a thermometer or their 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 above 50°C it is recommended by Kidsafe Australia that children do NOT play on the surface
- complete a Daily Playground Surface Temperature Check during summer months or extreme hot weather
- ensure children wear shoes when playing in the outdoor area
- ensure sun protection measures are considered when planning outdoor activities including excursions to ensure students are adequately protected
- use available shade areas for outdoor activities and encourage children to play in the shade, where possible
- sun protection is incorporated into the learning framework and planned experiences
- this policy applies to all service activities, on and off site
- ensure a shade audit is completed every 12 months

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, staff at OSHC 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 SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors
- using and promoting shade
- wearing sunglasses that meet the Australian Standard 1067
- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in OSHC
- families and visitors are encouraged to role model positive sun safe behaviour
- monitoring the UV Index 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

EDUCATION AND INFORMATION

- Sun protection will be incorporated regularly into learning programs
- Sun protection information will be promoted to staff, families and visitors
- 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
- The *Sun Safety Policy* will be made available to all educators, staff, families and visitors of OSHC to ensure a comprehensive understanding about keeping sun safe including appropriate hat, clothing and sunscreen requirements
- Information about Sun Safety will be included in our Family Handbook and sun protection information and resources made accessible and communicated regularly to families

Australian Safety Standards

AS 4174:2018 Knitted and woven shade fabrics

AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles

AS/NZS 4399:2020, Sun protective clothing - Evaluation and classification

AS/NZS 2604:2012 Sunscreen products - Evaluation and classification

AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1 General considerations, 6.3.9 Shade and sun protection, Appendix A Shade and sun protection

SOURCE

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Australian Government Department of Education, Skills and Employment. (2011). *My Time, Our Place: Framework for School Age Care in Australia*.

Australian Professional Standards for Teachers (APST)- Standard 4.4 and 7.2

ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)

Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>

Cancer Council Australia. Be SunSmart. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>

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