

UV / SUN SAFE POLICY

Australia has one of the highest rates of skin cancer in the world with two in three Australians developing some form of skin cancer within 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).

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 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 AND REGULATIONS	
S167	Offence relating to protection of children from harm and hazard
100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
136	First aid qualifications
168	Education and care service must have policies and procedures
168	Sun Protection
170	Policies and procedures to be followed
171	Policies and procedures to be kept available

PURPOSE

By implementing a 'best practice' Sun Safe Policy, our OSHC 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 provides guidance on how to protect children, young people, and staff from severe hot weather events which are becoming more prevalent in Australia resulting from climate change.

IMPLEMENTATION

East Adelaide School OSHC 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. We will monitor the Australian Bureau of Meteorology (BOM) for notification of severe heat events and implement risk mitigation strategies to protect the health, safety and wellbeing of children. This policy applies to all activities on and off site.

MONITORING UV LEVELS

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

- viewing the Bureau of Meteorology website <http://www.bom.gov.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 (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. East Adelaide School OSHC will use a combination of sun protection measures when the UV Index levels reach 3 and above.

SHADE

THE APPROVED PROVIDER WILL ENSURE:

- Sufficient natural, portable, or man-made shade is provided, particularly in high use areas
- If children are not wearing a SunSmart hat, Cancer Council SA supports a 'no SunSmart hat – play in the shade' policy or allowing children to play indoors if there is inadequate shade available.
- Play experiences will be monitored throughout the day and moved as required
- Regular risk assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements
- Children who do not have an appropriate hat will be encouraged to play in shaded areas or indoor spaces.
- Morning tea is eaten in shaded areas
- Lunch is eaten in shaded areas
- Afternoon tea is eaten in shaded areas
- Outdoor activities and excursions scheduled earlier in the day, during vacation care
- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage children to play in the shade

HATS

Educators, children, and visitors are required to wear sun safe hats at all times while outdoors. 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 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 therefore are not recommended.

- To support and encourage physical activity, children are allowed to play in adequately shaded areas without a hat.

CLOTHING

Children attending the service are to wear appropriate sun protective clothing which covers as much skin as possible. Clothing made of a closely woven material including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are worn for outdoor swimming activities. No singlet or midriff tops are allowed.

SUNSCREEN

As per 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. A record of any allergy must be provided in writing from 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 monitored.
- Sunscreen is applied at least 20 minutes before going outdoors
- Sunscreen is re-applied immediately after perspiring, water-based activities, towel drying or being washed off
- Sunscreen will be applied during Before & After School Care whenever the UV exceeds 3.

RISKS 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. 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 heatwaves are periods of unusually hot weather. Climate change is resulting in more intense heatwaves in Australia and presents an extreme risk to the health and safety of children. Children - especially young children can dehydrate quickly which can cause heat-related illness 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.

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 will use a combination of sun protection measures when UV levels reach 3 or above including:

- wearing a sun safe hat, clothing and sunglasses (optional)
- applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors
- seeking shade whenever possible
- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the OSHC 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).
- Intentional teaching activities i.e. online interactive activities and songs

SOURCES

- Australian Children’s Education & Care Quality Authority. (2021). [Sun Protection- Policy Guidelines](#)
- Australian Children’s Education & Care Quality Authority. (2023). [Guide to the National Quality Framework](#).
- Australian Government Department of Education. [My Time, Our Place- Framework for School Age Care in Australia.V2.0, 2022](#)
- Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>
- Australian Government. Bureau of Meteorology. [Severe Weather Warning Services](#).
- Cancer Council Australia. Be SunSmart. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>
- Cancer Council. Home page: <https://www.cancer.org.au/>
- Cancer Council. Preventing cancer: Sun protections. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety>
- Children's Services Act 1996*
- Cancer Council. SunSmart programs <http://www.sunsmartnsw.com.au/about/>
- Early Childhood Australia Code of Ethics. (2016).
- Education and Care Services National Law Act 2010. (Amended 2018). [Education and Care Services National Regulations](#). (2011)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
- Kidsafe NSW. [How Hot is Too Hot To Play?](#)
- Occupational Health and Safety Act 2004*
- Revised National Quality Standard. (2020).
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\) \(2019\)](#).
- [Western Australian Education and Care Services National Regulations](#)

This is a SunSmart & Cancer Council Approved Policy

REVIEW

POLICY REVIEWED BY	[NAME]	[POSITION]	[POSITION]	[DATE]
		OSHC Director		
		School Principal		
		Governing Council member		
POLICY REVIEWED	August 2024	NEXT REVIEW DATE	August 2027	