

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 before the age of 70. 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 outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia). Happy Haven OSHC are committed to providing a balanced approach to UV radiation exposure. This approach will be based on and follow the current scientific advice on UV exposure related to the UV index.

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	
167	Protection from harm and hazards

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS
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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

RELATED POLICIES

<p>Clothing Policy Enrolment Policy Excursion and Incursion Policy Health and Safety Policy</p>	<p>Physical Environment Policy Supervision Policy Work Health and Safety Policy</p>
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PURPOSE

To protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun. To ensure the outdoor environment provides shade for children, educators, and staff to minimise unsafe UV exposure.

SCOPE

This policy applies to children, families, educators, staff, and visitors to Happy Haven OSHC services.

IMPLEMENTATION

Happy Haven OSHC will work in compliance with the National SunSmart Program to ensure children's health and safety is maintained at all times whilst at a Happy Haven OSHC service. This policy applies to all activities on and off the service's premises.

MONITORING UV LEVELS

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

- Using the smartphone *SunSmart app* available at iTunes App Store and Google Play store

- Using the SunSmart widget on the Happy Haven OSHC website
- Viewing the Bureau of Meteorology website: <http://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 protection times are a forecast from the Bureau of Meteorology for the time-of-day UV levels are forecasted to reach 3 or higher. At these levels, a combination of sun protection is recommended for all skin types.

Happy Haven OSHC 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 South Australia and throughout the year. The below information highlights when UV is typically 3 and above in our state. There may be times UV levels are 3 and above outside of these periods. Happy Haven OSHC services will continue to check the daily local sun protection times and UV levels prior to any outside activities commencing.

SA: The sun protection policy is in place during the following implementation times:

Before school care: sun protection is not required, as the UV Index is rarely 3 and above at this time. During terms 1 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day (optional).

After school care: sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times.

Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

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

SHADE

Directors, Senior Leadership and Responsible Persons 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 session 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
- It is important that extra care be taken during times of day where the UV is at its highest (peak UV radiation times) and that outdoor activities are scheduled outside of these times where possible or in the shade. Peak UV times of the day are when the UV is highest in the day and they are different from local daily sun protection times which change daily provided by the SunSmart app
- Children who do not have appropriate hats or SunSmart clothing are unable to utilise outdoor play spaces (on excursion days children will be supplied with a Happy Haven OSHC hat and this will be charged to the account holder)
- Children will still be required to wear hats, SunSmart clothing, and sunscreen if playing under natural or portable shade

HATS

Educators, children, and visitors are required to wear SunSmart hats at all times they are outdoors (and the UV level is 3 and above). 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 brim that is at least 5cm for young children and 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 a suitable alternative and are not permitted to be worn during outside play.

- Children without a SunSmart hat will be asked to play in indoor spaces. On excursion days children who arrive without a SunSmart hat will be provided with a Happy Haven OSHC hat, and this will be charged to the account holder

CLOTHING

- When outdoors, staff and children will wear SunSmart clothing that covers as much of the 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 pants
 - Rash-tops or T-shirts are required for any outdoor swimming activities
- Children who are not wearing SunSmart clothing will be required to play in indoor areas. On excursion days, families/care givers will be asked to provide their child/ren with SunSmart clothing.

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/care givers are asked to provide an alternative sunscreen. A record of any allergy must be provided in writing from the parent/care giver and recorded in the child's FullyBooked account. 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.

ROLE MODELLING AND WORK, HEALTH AND SAFETY

Cancer Council Australia acknowledges 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 at Happy Haven OSHC services will therefore be required to role model appropriate sun protection behaviours by:

- Wearing a SunSmart hat
- Wear SunSmart 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 (optional)
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection at the service
- Families and visitors are encouraged to role model positive sun safe behaviour
- Monitoring the UV 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

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 and resources are available from the Cancer Council website: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety> and <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools>
- The Sun Safety Policy will be made available to educators, staff, families, and visitors of Happy Haven OSHC services 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 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

Australian Children's Education & Care Quality Authority. (2014).

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>

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).

Guide to the National Quality Standard. (2017).

Kidsafe NSW Playground Safety .(2020).

Occupational Health and Safety Act 2004

Revised National Quality Standard. (2020).

Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019).

REVIEW

POLICY REVIEWED	MAY 2022	NEXT REVIEW DATE	REVIEW	MAY 2023
MODIFICATIONS	Review conducted by Cancer Council and information added as per newest guidelines			
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	REVIEW	
MARCH 2022	<ul style="list-style-type: none"> New policy using childcare desktop and new formatting. Information pulled from archived policy 	Month	YYYY	
	<ul style="list-style-type: none"> 			