

Sun Protection Policy

Quality Area 2: Children's health and safety

Standard 2.1: Each child's health is promoted.

Standard 2.2: Each Child is protected.

POLICY STATEMENT

At Arabanoo we are committed to promoting sun safety and protecting the health and wellbeing of all individuals in our service. Our approach to sun protection aligns with *My Time, Our Place Outcome 3* and follows practices recommended by the Cancer Council.

Australia faces one of the highest rates of skin cancer globally, with the majority of Australian's developing some form of skin cancer before the age of 70. Excessive exposure to the sun's UV radiation can result in sunburn, skin and eye damage, and an increases risk of skin cancer. UV radiation is present even on cool and overcast days.

Educators play a vital role in teaching children and young people about the risks associated with UV radiation, and how to make informed decisions regarding protection. This education extends beyond clear skies or high temperatures; it applies whenever the UV rating is high. We also empower children and young people to take responsibility for their own health and wellbeing, in line with *My Time, Our Place Outcome 2*.

Through these practices, we aim to raise awareness about the importance of sun safety, reduce the risk of UV-related harm, and foster a culture of responsible sun protection at Arabanoo.

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CONSIDERATIONS:

Education and Care Services National Regulations	National Quality Standard	Other Service policies/documentation	Other
100, 113, 114, 168	2.1, 2.1.1, 2.1.3	Excursions Policy First Aid Policy Providing a child safe environment Policy Excursion Policy	WHS Act and Regulations 2012 Australian Safety Standards Cancer Council Australia. Be SunSmart SafeWork Australia: Guide to exposure to solar ultraviolet radiation
Education and Care Services National Law	2.2, 2.2.1 3.1.1 6.1.3		
167	7.1.1, 7.2.1		

ENDORSEMENT BY THE SERVICE:

Approval date: Sept 2024

Date for Review: Sept 2026

Policy History

Version 1.0

December 2005, May 2006, March 2007, May 2007, February 2009, August 2010, May 2011, March 2012

Version 2.0

Overhaul of policies following regulatory changes in 2012. Drafted from the Network template and using the Current Arabanoo Policy Handbook by Sarah Evans. Reviewed by Cath Stephens and Lisa Bannerman, May 2013

Version 3.0

Reviewed by Belinda Edmunds, June 2014

Version	Date reviewed	Who by	Area changed	Changes made	Authorisation
4.0	12 August 2015	Brendan Williamson and Leila Riffi	Various	Changed SPF30+ to SPF50+	Kerry Sinclair
5.0	10 May 2017	Carin Rollo and Marian Enandor	None	None	Belinda Edmunds 15 June 2017
	1 June 2017	Rowan Friend and Belinda Edmunds	Policy Statement	Separated policy from procedure	

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6.0	1 May 2019	Rowan Friend Lucy Nowland & Anita Pozo-Jones	Standards Other Service policies/ documentation	Updated to the new NQS Excursions Policy First Aid Policy Providing a child safe environment Policy	Kate Sellick – 8 May 2019
7.0	September 2023	KW OSHC Consulting	Regulations / Laws / Links to NQS / Policy Links	Reviewed and updated	Rowan Friend – 3 Sept 2024
			Policy Statement	Added information about the high rates of skin cancer in Australia and the risks associated with UV radiation. Reworded for clarity and comprehension	

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PROCEDURE

Monitoring UV Levels

Sun Protection is required when the UV levels reach level 3 or above. The UV rating is checked in the daily staff briefing during term time and throughout the day during Vacation Care using the following methods:

- Sunsmart App
- Viewing the Bureau of Meteorology website
- Visiting myuv.com.au

Scheduling of Outdoor Activities

When the UV rating is 3 or above the following procedures will be implemented:

1. Outdoor activities will be scheduled outside of peak UV times where possible, or planned for shaded areas. Sun protection will be used by all staff, educators, children and young people.
2. When planning excursions, sun protection will be taken into consideration, and will be included in the risk assessment.
3. Sun protection practices will be maintained while staff and educators are escorting children and young people to and from school sites, and on any excursions.

The UV rating is indicated on each campus daily and checked throughout a shift by the on shift supervisor.

Shade

- Structured outdoor activities will be held in shaded areas whenever possible when the UV index is 3 or higher.
- The service will assess the availability of shade throughout the day and across the seasons in our outdoor areas and communicate these options to the children and young people. Educators will strategically arrange activities and play spaces to maximise the use of available shade.
- Children will be encouraged to use available shade when playing outside during times when the UV index is high (3 or higher).
- Our service will assess the availability of shade throughout the day and across seasons in our outdoor area and communicate these options to the children. Educators will strategically arrange activities and play areas to maximize the use of available shade

Clothing

- When outdoors, children will be encouraged to wear sun safe clothing (for example, shirts with sleeves, collars or covered necklines). Midriff, crop or singlet tops do not provide

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adequate protection and are not recommended. Vacation care information will remind families and children of the appropriate clothing to wear to the service to meet the sun protection policy.

- Children who are not dressed in sun-safe clothing will be offered spare clothing or directed to play in shaded areas or protected spaces to minimise sun exposure
- The Centre follows the 'no hat, play in the shade' guideline of the Cancer Council. Children without hats will remain in covered/shaded areas during outdoor play.
- Children are required to wear hats that protect the face, neck, and ears when outside. Recommended hats are broad brimmed hats. Baseball caps and visors are not considered sun safe.
- All educators will be required to wear tops with sleeves and collars or covered necklines and longer style skirts, shorts or trousers and a broad brimmed hat.
- Children and young people who don't have a broad brimmed or bucket hat and are outside in high UV conditions (3 or over), will be provided with an Arabanoo hat. A laundering fee and a lost hat fee applies. *Please see Fees Policy.*
 - Hats must be returned daily after use in the Returned Hat Box.
 - Hats are not re-used and are laundered every Friday.
- For water-based activities on excursions, Arabanoo rash vests are worn.

Sunscreen

- SPF 50+ Broad Spectrum water-resistant sunscreen is available at the service for children and educators to use.
- Educators take sunscreen over the road to the Eastern Campus and make sure all children apply sunscreen. Educators supervise the senior children applying sunscreen when they sign in at 3.05pm. Sunscreen will also be available and applied regularly during Vacation Care.
- Parents/carers of children with sensitivity to some brands of sunscreen should provide an alternative sunscreen. A record of any allergy must be provided in writing from parent/guardian and recorded on the child's enrolment form.
- During vacation care, parents/carers will be asked to apply sunscreen to their child/children prior to attending. Educators will ensure there are regular reminders (minimum every 2 hours) to apply sunscreen prior to outdoor play during the months of October to March between 9am and 4pm or when the UV rating is 3 or above.
- Educators will respect the parents/carers' right to refuse authorisation to apply sunscreen however will require children to wear appropriate sunsafe clothing, stay inside or play in the shade.
- Sunscreen is stored in a cool, dry places and the use-by-date is monitored.

Role Modelling by Staff

- The UV rating is checked in the daily staff briefing during term time and throughout the day during Vacation Care.

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- Educators will wear protective clothing and practise a combination of sun protection strategies (broad brimmed hats, clothing, sunglasses, SPF 50+ broad spectrum water resistant sunscreen) when in attendance at the service.
- Wherever possible, staff will seek out shade when undertaking outdoor supervision on days where the UV rating is 3 or above.
- Educators will use opportunities to discuss with children the importance of sun protection and demonstrate a positive and proactive approach to the management of sun protection in the service.
- Families and visitors are encouraged to role model positive sun safe behaviour.
- Regular monitoring and reviews of the effectiveness of the Sun Protection Policy will take place.

On water-based excursions, staff will be encouraged to role model slip-slop-slap-wrap, and wear a t-shirt or rashie vest in the water.

1. Slip: This encourages individuals to slip on protective clothing, such as long-sleeved shirts, long pants, and clothing with a tight weave. These types of clothing provide a physical barrier to UV rays.
2. Slop: reminds people to slop on sunscreen with a high sun protection factor (SPF) to protect exposed skin. Sunscreen helps to prevent sunburn and skin damage caused by UV radiation.
3. Slap: reminds individuals to slap on a wide-brimmed hat to protect the face, ears, and neck from direct sunlight. Wide-brimmed hats provide shade and reduce the risk of sunburn.
4. Wrap: is included to remind people to wrap on sunglasses to protect their eyes from harmful UV radiation. Sunglasses with adequate UV protection can help prevent eye damage.

Education and Information

- Sun protection will be consistently integrated into our educational programs.
- We will actively promote sun protection information to our staff, families, and visitors.
- Our educators and staff are encouraged to complete the free Cancer Council Generation SunSmart online professional learning modules.
- You can find additional information and resources on sun safety by visiting the Cancer Council website at <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety> and each state and territory's SunSmart web page. You can access these resources through the following link: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools>.
- Our Sun Safety Policy will be readily available to all educators, staff, families, and visitors of the OSHC Service to ensure a comprehensive understanding of sun safety practices, including appropriate hat, clothing, and sunscreen requirements.

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- Information about Sun Safety will be included in our Family Handbook, and we will consistently provide sun protection information and resources to our families, ensuring ongoing communication and accessibility.

CONSIDERATIONS:

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4.0	12 August 2015	Brendan Williamson and Leila Riffi	Various	Changed SPF30+ to SPF50+	Kerry Sinclair
5.0	10 May 2017	Carin Rollo Marian Enandor	Very slight wording changes		Belinda Edmunds 15 June 2017
	1 June 2017	Rowan Friend and Belinda Edmunds	Scheduling of activities	Wording changes for clarity	

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				Separated policy from procedure	
6.0	7 November 2017	Rowan Friend, Belinda Edmunds and Jane Ellis	Hat requirements	Bucket Hats provided at an addition cost for children who don't have their sun safe hat.	Belinda Edmunds 13 November 2017
7.0	1 May 2019	Rowan Friend, Lucy Nowland & Anita Pozo-Jones	Sunscreen UV Standards Other Service policies/ documentation	Change in wording of when sunscreen is available. Added how the UV rating is displayed and checked Updated to the ne NQS Excursions Policy First Aid Policy Providing a child safe environment Policy	Kate Sellick – 8 May 2019
8.0	September 2023	KW OSHC Consulting	Monitoring of UV	Recommended addition to outline how the UV is monitored for educators and families	Rowan Friend – 3 Sept 2024
			Shade	Reworded for clarity. Dot-points	
			Clothing	Dot Points	
			Sunscreen	Reference to allergy requirements Storage of sunscreen	

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			Role modelling of Staff	Removal of “ of staff” from heading Reference to families and visitors Policy monitoring and reviews	
			Water-based excursions	Definitions added of slip, slop, slap, wrap	