



Sun Smart Policy

POLICY STATEMENT

Abbotsford Community Centre aims to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels in our children. We aim to take a sensible approach to sun protection in our service that empowers children to take responsibility for their own health and wellbeing (**“My Time, Our Place” Outcome 3**).

The sun’s ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

We aim to ensure that all children in attendance at the service when the UV forecast is 3 or above will be protected from harmful rays of the sun. All staff will model appropriate sun protection behaviour and enforce the sun protection policy.

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. Ultraviolet (UV) radiation cannot be seen or felt and can be high even on cool and overcast days. This means our service educators will teach children not to rely on clear skies or high temperatures to determine the need for sun protection and provide them with exposure to resources and materials that will reinforce this message and assist children to understand the complexities of their environment (**“My Time, Our Place” Outcome 2**).

Strategies for teaching sun protection in the service will be based on children actively practicing and monitoring their own implementation of sun protection strategies as active learners (**“My Time Our Place.” Outcome 4**). This will include children having opportunities to access UV Alerts and monitoring the exposure to the sun of both themselves and their peers (**“My Time, Our Place” Outcome 5**). Our service believes that implementing a best practice sun protection policy will have a major impact on reducing the chance of our children developing skin cancer in later life.

PROCEDURES

Scheduling of Activities

The following procedures will be implemented when scheduling activities when the UV Rating is 3 or above.

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.



- Sun protection is included in service participation risk assessments, including excursions where all sun protection practices are planned, organised, understood and available.

Shade

- The availability of shade is considered for all outdoor activities and excursions.
- Shade options are provided, maintained and promoted to the children.
- Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns.

Shade options can include a combination of portable, natural and built shade. Cancer Council encourages

Clothing

- Staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- 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.

SunSmart clothing includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.

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

Sunscreen

- SPF30+ (or higher) broad-spectrum water-resistant sunscreen is available at the service.
- All staff and children are encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- Families ensure sunscreen is applied prior to attending vacation care.

Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

Hats

- All staff and children are required to wear SunSmart hats* that protect their face, neck and ears.
- Children without a SunSmart hat are encouraged to play in the shade or are provided with a spare SunSmart hat.

* SunSmart hats include:

- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- Legionnaire style hats.



Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Role modelling of staff

Staff act as role models and demonstrate SunSmart behaviours by:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses.
- Applying SPF30+ broad-spectrum water-resistant sunscreen.
- Promoting the use of shade.
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.

Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside.

Collaboration with Children

- Children will be provided with opportunities to take leadership roles in managing sun protection.
- Children will be encouraged to access the internet/ newspaper to check the UV ratings for the day and advise educators of the times when the UV Index will be 3 or above.
- Opportunities for children to set alarms for when the UV Index increases above or drops below 3 will be provided and children assigned duties regarding UV reminders, hat reminders and management of sunscreen.
- Children will be reminded that they can remove their hats when the UV Index falls below 3.

Education and Information

- The Sun Smart policy will be available to all families using the service.
- Children understand why sun safety is important and learn how to take effective sun protection actions
- Sun protection information and resources are accessible and communicated regularly to families.
- All parents, including for vacation care, will be informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements during enrolment.
- For vacation care services only: parents are encouraged to apply at least SPF 30+ broad-spectrum water-resistant sunscreen to children before spring and summer program sessions.
- Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen that is at least SPF 30+ broad-spectrum water-resistant, or the child encouraged to play in the shade.



- The centre will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic from Cancer Council NSW as appropriate.

Sunglasses (optional)

- Staff and children are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

CONSIDERATIONS

Education and Care Services National Law & Regulations	National Quality Standards & Elements	Links to other Service Policies	Other Documentation/Evidence
114	2.3.2		Work Health and Safety Act NSW 2011
100	6.3.2		https://www.legislation.nsw.gov.au/view/html/inforce/current/act-2011-010 Cancer Council NSW https://www.cancercouncil.com.au/cancer-prevention/sun-protection/

ENDORSEMENT BY THE SERVICE

Approval Date: May 2022 _____

Date for Review: May 2023 _____

Date for SunSmart Approval Review: August 2024 _____