

# SUN PROTECTION

## PRINCIPLE

Greater Shepparton City Council Children's Services recognises the importance of providing a healthy balance between too much and too little ultraviolet (UV) radiation from the sun to promote good health for staff and children. Too much of the sun's UV can cause sunburn, skin cancer, skin and eye damage and too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

To ensure that a healthy balance between too much and too little UV is maintained, sun protection will be used during the daily sun protection times issued whenever the UV level reaches 3 or above.

## GUIDELINES

### Children's Services will ensure:

1. Children, educators and staff are protected from over-exposure to UV radiation and sun protection strategies will be provided when the UV level reaches 3 and above. In Victoria, UV levels regularly 3 and above from mid-August to the end of April.
2. Sun protection measures are not required for children, staff and educators when the UV level is below 3, unless outdoors for extended periods (e.g. all day bush kinder).
3. Staff and educators access the daily local sun protection times via <http://www.myuv.com.au/> or the free SunSmart app at <http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app> and display these times daily for all educators and families'
4. SPF30 (or higher) broad-spectrum, water resistant sunscreen will be sourced by services that supports the recommendations of the Cancer Council Australia for service use. Families who supply their own child's sunscreen will be encouraged to provide where possible sunscreen that meets the Cancer Council Australia guidelines.
5. Sunscreen is stored in accordance with the manufactures guidelines and not to be used after the date of expiry.
6. Parent/guardian authorisation is provided for children to have sunscreen applied whilst at the service, with the authorisation included in the child's enrolment record.
7. Sunscreen is applied to children's exposed skin (except in cases where parent/guardians have not given authorisation) in accordance with the manufactures guidelines and reapplied every two hours and after their face has been washed if they are going outside. Where appropriate, children will be encouraged to apply their own sunscreen under the supervision of an educator.
8. Families are encouraged where possible to provide their children with loose-fitting clothing that covers as much skin as possible and to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts and skirts. Clothing made from cool, densely woven fabric is recommended. If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors.

9. That staff, educators and children are encouraged and supported to wear hats that protect their face, neck and ears that meet Cancer Council Australia recommendations, i.e. wide brimmed, bucket or legionnaire style. Baseball or peak caps are not considered a suitable alternative. Family's cultural respects for their child not to wear a hat, will be supported by educators and documented on the child's enrolment form.
10. Children who do not have appropriate sun protection clothing or hats are encouraged and supported to choose a shady play space or a suitable area protected from the sun.
11. Babies under 12 months of age are to be kept out of direct sunlight when the UV levels are 3 or above. They are required to wear sun-safe hats and clothing, and for babies aged over 6 months of age, small amounts of SPF30+ (or higher) broad- spectrum water-resistant sunscreen may be applied to their exposed skin. The widespread use of sunscreen on babies under 6 months old is not recommended.
12. Where practical, children are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 for sunglasses (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.
13. The services premises include adequate shaded areas to protect children from overexposure to ultraviolet radiation from the sun (*Education and Care Services National Regulation 114*).
14. The availability of shade is considered when planning all outdoor experiences, in a risk assessment prior to conducting excursions, regular outings, bush kinder and other outdoor events (*Education and Care Services National Regulation 100,101*).
15. Staff and educators act as role models by following current sun protection recommendations.
16. Sun protection is incorporated into the educational program.
17. Educators, staff and families are provided with information about sun protection through the service's communication methods for families and staff.

### **Related Policies**

- Providing a Child Safe Environment
- Excursions

**National Quality Standards: 2.3.2, 3.1.1, 3.2.1, 6.1.2, 6.1.3, 7.1.2**

**Education and Care Services National Law: section 167**

**Education and Care Services National Regulations: 100,101, 113, 114, 168(2)(a)(ii)**

### **Sources and Reference Tools:**

- Cancer Council Australia
- SunSmart Information sheets
- *Education and Care Services National Regulations 2011*
- *Education and Care Services National Law 2010*
- *Children' Services Act 1996*
- *Children's Services Regulations 2020*
- *Occupational Health and Safety Act 2004*
- *Child Wellbeing and safety Act 2005(Vic) (Part 2: Principles for children)*

Reviewed: September 2021

Next review September 2023

Updated 09/2023 - removing reference to Family Day Care due to cease of Family Day Care operations

Updated 12/2023 – due to recommendations provided by Cancer Council Victoria