

POLICY – SUN SAFE

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1. National Quality Standards

Quality Area 2: Children’s Health and Safety		
Area	Concept	Descriptor
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 Lifestyles	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.

The National Education and Care Services Regulations are included in the appendix.

2. Purpose

- 2.1 Baringa Early Learning Centre (Baringa) will effectively implement behavioural, environmental and organisational strategies that protect children and workers attending the service from the potentially harmful effects of the sun's UV radiation.
- 2.2 Australia has the highest incidence of skin cancer in the world. Over exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer, over-exposure during adulthood also increases the lifetime risk of skin cancer. Our sun smart policy has been developed to ensure that all children and workers at Baringa are protected as much as reasonably practicable from skin and eye damage caused by potentially harmful ultraviolet (UV) rays of the sun. It is implemented from the beginning of August to the end of May, when UV levels reach 3 and above.
- 2.3 Due to low levels of UV experienced in Canberra around the June and July period, sun protection behaviour will not be enforced during this period, this is to assist children and workers to maintain their winter vitamin D levels. However, sun protection may still be required if in Alpine areas, heading north or if outdoors for extended periods.

2.4 The policy aims to promote among children, workers and parents:

- (a) Awareness of the need for sun protection and appropriate personal, environmental & organisational sun protection practices.
- (b) Positive attitudes towards skin protection.
- (c) Responsible decision making about skin protection.

3. **Scope**

3.1 This policy applies to children, families, staff, management and visitors of Baringa.

4. **Policy Statement**

4.1 A combination of sun protection behaviour is to be implemented from the beginning of August to the end of May (i.e. when UV levels reach 3 and above) and will take into consideration:

4.2 Scheduling of activities

- (a) When possible, minimise outdoors activities in the direct sun between the hours of 11.00am to
- (b) 3.00pm during the daylight saving/summer time.
- (c) When possible outdoor activities will be scheduled before 11.00am and after 3.00pm daylight saving/summer time.
- (d) The children's lunch, rest time, & indoor activities will be held between 11.00am & 3.00pm to avoid UVR exposure in the middle of the day during the daylight saving/ summer period when UV levels peak.
- (e) All outdoor activities held between 10.00 am & 2.00 pm (11.00am & 3.00 pm daylight saving time) will be held in shaded areas.

4.3 Shade

- (a) Workers and children will be encouraged to use available shade whenever outdoors.
- (b) The Baringa management Board and Director will work to ensure current shade is maintained, that there is shelter and/or trees providing adequate shade on the grounds where possible and plan for future shade if necessary.

4.4 Clothing, Hats and Sunglasses

- (a) Children and workers will wear clothing that protects as much skin as possible.
- (b) Children and workers will be expected to wear a broad-brimmed hat, legionnaire style hat, or bucket hat with a deep crown that provides sun protection for the face, neck & ears, whenever they are involved in outdoor activities. Children not wearing an appropriate hat will be expected to play in the shade and/or use a spare hat.
- (c) Children and workers will be expected to wear suitable foot wear e.g.: enclosed comfortable shoes.
- (d) Children and workers are required to wear shirts and longer style shorts/skirts.
- (e) Parents will be advised during enrolment of the requirement to dress children in appropriate sun protective clothing.

4.5 Sunscreen

- (a) Broad spectrum sunscreen with a minimum of SPF 30+ will be liberally applied to clean, dry skin, 15-20 minutes before children and workers go outside.
- (b) Sunscreen will be reapplied after two hours. Sunscreen will not be used to extend time in the sun. Sunscreen will be applied more frequently if children are involved with water play or are perspiring, have had their face and hands washed etc.

- (c) Baringa will provide a supply of sunscreen. Baringa will ensure that sunscreen is available for use in each room.
- (d) Baringa will notify all parents/carers about the use of sunscreen at the Centre on enrolment and annually. Parents/carers will be required to notify Baringa in writing if their child is allergic to sunscreen or if they do not wish sunscreen to be applied to their child.
- (e) With respect to cultural diversity and family preferences, children with dark brown and/or black skin will not be required to apply sunscreen if consent is given by parents and/or carers to support their natural absorption of vitamin D as advised by SunSmart Australia. Vitamin D is a hormone needed to regulate calcium levels in the blood and is necessary for the development and maintenance of healthy bones, muscles and teeth. People with naturally dark brown and/or black skin need 3 - 6 times more sun exposure to support their vitamin D uptake.
- (f) Sunscreen may be applied to babies on small areas of skin that is not protected by clothing or a hat when sun exposure is unavoidable.

4.6 Babies

- (a) Babies will not be purposely exposed to direct UV when UV levels reach 3 and above. When UV levels are 'low' (i.e. under 3) some direct sun exposure is fine, however if spending extended time outdoors during this low UV period then it is still recommended to seek out some shade.

4.7 Education

- (a) Reinforcing the Sun Smart message in all Baringa activities is an important strategy in the adoption of skin protection behaviours.
- (b) Workers will be encouraged to role model appropriate Sun Smart strategies.
- (c) Workers will be encouraged to keep up to date with new information and resources through contact with the education service at Cancer Council ACT and SunSmart resources at: <http://www.actcancer.org/>
- (d) Skin cancer prevention and awareness will be included in appropriate teaching activities and games etc.
- (e) Parents will be encouraged to role model appropriate Sun Smart strategies when attending Baringa.
- (f) Baringa will promote the Sun Smart message to parents/carers.
- (g) Workers are encouraged to familiarise themselves with Canberra's Daily SunSmart UV Alert: <http://www.bom.gov.au/nsw/uv/canberra.shtml>

4.8 Occupational UV Exposure

- (a) Under OH&S requirements Baringa has a duty of care to protect all workers as much as reasonably practicable from foreseeable harms, including occupational UVR exposure. Workers also have an OH&S responsibility to protect their own health and wellbeing. Baringa will work together with workers to reduce the risk associated with occupation UV exposure.

4.9 Excursions

- (a) All of the above will apply to children, workers, parents and carers where possible when attending excursions.

5. Feedback

- 5.1 Families and staff may provide feedback about this document by emailing admin@baringa.org.au.

6. Approval and Review Details

Approval and Review	Details
Approval Authority	Management
Administrator	Centre Director
Next Review Date	30/06/2026

History	Details
Original Approval Authority and Date	October 2017
Amendments	12/07/2023: 4.5(a) minimum of SPF 30+

Appendix

Education and Care Services National Regulations	
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