



bookings@tpsoosh.com.au
(02) 9144 4769

Sun Protection Policy

Policy Statement

South Turramurra OOSH (OOSH/service) recognises the value of outdoor play and learning in a sun safe way. We are committed to ensuring all children, educators and staff are protected from ultraviolet (UV) radiation for all outdoor activities.

This includes:

- Providing shade in the outdoor environment
- Ensuring all sun protection measures are promoted and utilised
- Encouraging and supporting children to develop independent sun protection skills
- Providing learning opportunities for children, staff and families

The sun's UV can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

Legislative Requirements

- Education and Care Services National Law Act 2010: 167
- Education and Care Services National Regulations 2011: 100, 113, 114, 168, 170, 171, 172
- Work Health and Safety Act 2011

Definitions

Risk Assessment

- Assessing the risk means working out how likely it is that a hazard will harm someone and how serious the harm could be.

Sun Protection Times

- Sun protection measures are recommended when the UVI is 3 and above.

Sun Protection Factor (SPF)

- The Australian standard for sunscreen, the SPF indicates the level of protection provided against UVR.

Ultraviolet Index (UVI)

- A measure of the level of UVR. The higher the UVI, the greater the potential for damage to the skin and eyes, and the less time it takes for harm to occur. Sun protection measures are recommended when the UVI is 3 and above.

Ultraviolet Radiation (UVR)

- The portion of the electromagnetic spectrum between 100 nanometers (nm) and 400nm:
 - 'UVA' – UVR in the range 315nm to 400nm is thought to contribute to premature aging and wrinkling of the skin and has been implicated as a cause of skin cancer.
 - 'UVB' – UVR in the range 280nm to 315nm is more dangerous than UVA and has been implicated as the major cause of skin cancers, sunburning and cataracts.
 - 'UVC' – UVR in the range 100nm to 280nm is extremely dangerous but does not reach the earth's surface due to absorption in the atmosphere by ozone.

Implementation Strategies – how will it be done?

The Approved Provider/Nominated Supervisor will:

- ensure **adequate shading** over areas for both active and passive outdoor play.
- ensure access to an **adequate supply of in-date sunscreen** for children, educators, and staff.
- **implement the sun protection policy and procedures** as outlined in the document
- **monitor the daily sun protection times** for your location.
- **communicate daily sun protection times** to educators, staff, and children.
- **support the implementation of sun protection measures** during the sun protection times.
- **promote sun safe practices** with all children, families, educators, and staff within the service.

Educators and staff will:

- **implement the *Sun Protection policy and procedure*.**
- **monitor the UVI daily and manage outdoor play and learning accordingly.**
- **monitor the impact of sun on play equipment and surfaces** that children will be touching and using such as soft fall mats, artificial surfacing, etc.
- **role-model sun safe practices.**
- **communicate with families about sun safe practices** in general and specific expectations within the service (e.g. wearing protective clothing).

Procedures

To assist with the implementation of this policy, educators and children are encouraged to access, display and communicate the daily, local sun protection times. The daily, local UV rating and sun protection times will be displayed on the daily visual program that is updated prior to each session. The UV level and sun protection times is also communicated to children during daily announcements.

Environments

Seek Shade

- The Approved Provider and Nominated Supervisor ensure there are enough shelters and trees providing shade in the outdoor areas, particularly in high use areas.
- The availability of shade (natural, built, temporary) is considered when planning all outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.

- A shade assessment is conducted regularly to determine the current availability and quality of shade.

Behaviours

Slip on Sun-Protective Clothing

- Children wear loose-fitting clothing that covers as much skin as possible including tops with sleeves covering the shoulder, higher necklines (or collars).
- 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.
- Rash vests or t-shirts are used for outdoor swimming and water activities.

Slap on a Protective Hat

- All children and educators wear hats when the UVI is 3 and above.
- Children without a sun protective hat are provided with a spare hat where possible.

Slop on Sunscreen

- SPF50+ broad-spectrum, water-resistant sunscreen is supplied by the service and/or families.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.

Slide on Sunglasses (if practical)

- Where practical children wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.
- Educators will wear appropriate, polarized sunglasses of their choice, at their discretion.

Learning and Skills

- Sun protection is incorporated into the learning and development program.
- The SunSmart policy is reinforced by educators and through children's activities and displays.
- Educators are encouraged to complete Cancer Council's free Generation SunSmart online learning modules.
- Children are encouraged to be involved in initiatives to promote and model sun protection measures at South Turramurra OOSH including taking leadership roles in managing sun protection e.g., accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
- Educators, staff and families are provided with information about sun protection through family newsletters, South Turramurra OOSH parent handbook, noticeboards and the OOSH website.
- When enrolling their child, families are:
 - informed of the South Turramurra OOSH's *Sun Protection policy*.
 - asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child.
 - encouraged to use sun protection measures themselves when at OOSH.

Work Health and Safety

- As part of Work Health and Safety (WHS) UV risk controls and role-modelling, educators, staff and visitors:
 - wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses.
 - apply sunscreen.
 - seek shade whenever possible.
- Sun protection considerations and actions are included in risk assessments for excursions and excursion checklists.

Monitoring and Review

- All staff, including approved provider, Nominated Supervisor and educators, monitor and review the effectiveness of the sun protection policy (with input from families and children when possible) and revise the policy as required.
- The sun protection policy is available to staff, families and visitors.

References and Related Policies and Procedures

References

- Australian Children's Education and Care Quality Authority (ACECQA) www.acecqa.gov.au
- Belonging, Being and Becoming: The Early Years Learning Framework for Australia (EYLF) PDF V2.0 2022 www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf
- SunSmart Primary School Resources <https://www.sunsmart.com.au/advice-for/schools-early-childhood/primary-school-resources>
- Sun protection advice for parents and carers www.sunsmart.com.au/advice-for/parents-carers
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) www.arpansa.gov.au/pubs/rps/rps12.pdf
- Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019) <https://www.safeworkaustralia.gov.au/doc/guide-exposure-solar-ultraviolet-radiation>
- AS 4174:2018 (Amd 2019) Knitted and woven shade fabrics 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

Related Policies and Procedures

- Interactions with Children
- Excursions & Transportation
- Providing a Child Safe Environment
- Enrolment and Orientation
- Governance and Management
- Health and Safety

Approval and Revision History

Review Date	Reviewed By	Approved By	Next Review
10/07/2024	Courtney Sparkes	Amy Kitto	July 2024
20/07/2024	CELA	Scott Everard	July 2025