

## ARMIDALE OUT OF SCHOOL HOURS CARE

### *Sun Safe Policy*

<b>Related documentation Policy/policies:</b>	Excursions Policy, Providing a Child Safe Environment Policy,
<b>Regulation/s/ Standards:</b>	Education and Care Regulation 113, 114, 116, 168, 169, 170, 171 National Quality Standards-: All 7 Quality Areas
<b>Related procedures:</b>	Work Health & Safety
<b>References:</b>	The Cancer Council NSW: "Being, Belonging, Becoming" The Early Years Learning Framework of Australia (EYLF) 2022 ACACQA Research and Resources
<b>Date effective</b>	November 2023
<b>Date for review</b>	November 2025
<b>Purpose</b>	We are committed to providing children with a safe environment that provides shade and other sun protection to support their learning and opportunities for play.
<b>Responsibility</b>	Nominated Supervisor and Educators

#### **Key information:**

Australia has the highest incidence of skin cancer in the world, with exposure to ultraviolet radiation (UV rays) and sun exposure during childhood significantly increasing the risk of developing skin cancer and melanoma.

Using sunscreen protection, utilising shade and avoiding the midday sun are the simplest and easiest ways to minimise exposure.

Armidale out of School Hours Care will use our best endeavours to ensure children are protected from overexposure to ultraviolet (UV) radiation from the sun

As excursions can present different sun exposure risks, we will ensure that sun protection is considered as part of excursion risk assessments.

#### **Procedures:**

#### **Outdoor Activities:**

- The length and frequency of outdoor activities will be considered during the hottest months of the year (October through to March). During these months the UV rating will be taken into consideration and outdoor play between the times of 11.00am and 3.00pm will be limited

- Sun protection will be practiced all year round regardless of the time of day, weather or activities. Educators will practice “Slip, Slop, Slap, Seek & Slide” (Slip on a shirt, slop on some sunscreen, slap on a hat, seek shade and slide on some sunglasses)
- Outdoor activities will be provided under shaded areas where possible.

**Hats:**

- All educators and children need to wear a hat as recommended by the Cancer Council.

A recommended sun safe hat is a:

- Legionnaire shaped hat,
- Bucket hat with a deep crown and brim size of at least 5cm (6cm for adults)
- Broad brimmed hat with a brim size of 6cm (7.5cm for adults)
  
- ***It is recommended that Baseball caps and visors not be used as these do not provide enough sun protection.***
  
- Children who do not have a hat will be provided with a service hat; if they will not wear a hat they will be asked to play in the shade or indoors.

**Clothing:**

Clothing is a very important part of sun protection.

- Shirts need to at least cover shoulders, chest, stomach and back (T-shirts or long sleeve shirts are recommended)
- Longer skirts and shorts are recommended as these cover more skin surface and offer better sun protection.
- Families need to be encouraged to follow sun safety guidelines and avoid dressing their children in singlet or tank tops when they are attending care.

**Sunscreen:**

- An SPF 30+ broad-spectrum water-resistant sunscreen will be applied to children before going outside.
- Sunscreen will be re applied every 2 hours.
- Sunscreen should be applied to dry clean skin.
- It is recommended that families supply their child’s sunscreen if concerns with sensitive skin
- It is recommended that sunscreen be applied regardless of the weather if the UV index is 3 or higher
- Sunscreen needs to be stored in a cool dry place and the expiry date needs to be monitored.

**Programme:**

- Children will be educated about the importance of sun safety practices through the weekly programme.

*All educators, family members and visitors need to role model the recommended practices whilst children are in care to reinforce the importance of protecting ourselves from harmful UV radiation.*