

ARMIDALE & DISTRICT FAMILY DAY CARE

Sun safe Policy

Related documentation Policy/policies:	Educational Programme & practice, Excursions.
Regulation/s/ Standards:	Education and Care Regulations 2011 Clause 168 (2) NQS: All 7 Quality Areas Law: 167
Related procedures:	Work Health & Safety (Educators)
References:	Work, Health and Safety Act 2011 Australian Standards, The Cancer Council NSW: www.cancerouncil.com.au ; www.sunsmartnsw.com.au ; “Being, Belonging, Becoming” The Early Years Learning Framework of Australia (EYLF) 2009
Date effective	November 2023
Date for review	November 2025
Purpose	To ensure we follow best practice and protect children, educators and staff from the dangerous effects of UV exposure. To make a commitment to inform the AFDC community about sun safety.
Responsibility	Educators, Staff, Educators Assistants

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.

Educators are self-employed childcare providers and as such are responsible for preventing and reducing the risks of excessive UV exposure for children in their care.

Educators are responsible for guiding children and modelling recommended sun safety practices. Concepts on sun safety are to be incorporated into Educators programmes and routines.

Policy:

RECOMMENDED PRACTICES

Outdoor Activities:

- The length and frequency of all outdoor activities need to be considered during the hottest months of the year (October through to March). During these months the UV rating should be taken into consideration and outdoor play between the times of 11.00am and 3.00pm should be avoided.
- Sun protection precautions need to be practiced all year round regardless of the time of day, weather or activities. Educators may wish to introduce children to the slogan “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 need to be provided under shaded areas where possible.

Hats:

- All staff, educators, visitors 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 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 needs to be applied 20 minutes before going outside.
- Sunscreen needs to be re applied every 2 hours.
- All educators, staff and children need to wear sunscreen.
- Sunscreen should be applied to dry clean skin.
- Educators and staff need to practice hygienic methods of applying sunscreen to children by using a separate tissue or cotton ball for each child. Older children can be encouraged to apply their own sunscreen under supervision.
- It is recommended that families supply their child’s sunscreen if concerns with sensitive skin
- A SPF broad spectrum, water resistant sunscreen will be available for use at play session.

- 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.

(A link to the UV index indicator can be found on the Useful Links page on the Service's website: www.armidaleanddistrictfamilydaycare.com under Sunsmart widget). UV Alert Apps are also now available for both Android and iPhone phones (see the Sunsmart website www.sunsmart.com.au).

Babies:

- Children under 12 months of age are particularly susceptible to sun damage, therefore infants should not be exposed to direct sunlight.
- Infants should also wear a broad brimmed hat and small amounts of sunscreen on all exposed skin.
- The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin

Excursions:

- Children need to wear hats, SPF 30+ broad-spectrum water-resistant sunscreen and appropriate clothing while on routine and non routine excursions.
- Children, Educators, staff, families and volunteers need to reapply SPF 30+ broad-spectrum water-resistant sunscreen every two hours.
- Outdoor excursions need to be planned to ensure shade is available e.g. trees or sun shades.
- Excursions need to be planned to avoid the hottest part of the day in summer i.e. 11am-3pm.
- Each child and adult always need to have adequate drinking water available while on excursions.

Programme:

- Children need to be educated about the importance of sun safety practices through the weekly programme.
- Music and movement, stories, games, and toys can all be used to promote sun safety.
- AFDC is a part of the Sun Smart Early Childhood Program. This is renewed every 3 years with our current application not due until May 2022.

It is recommended that all educators conduct a shade audit of their outdoor play areas to ensure adequate shade for every child in their care.

Trees, verandahs, and shade structures can all be considered when conducting a shade audit. Ideally, each child should have 2.5 square metres of shade at any time of the day.

All staff, 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.