SHARE Co-Operative Society Ltd.

Before, After and Vacation Care.

Policy	UV/Sun Smart/Sun Safe	
Reviewed	December 2023	Next review:

Policy Statement:

SHARE is committed to providing children with a safe environment that provides shade and other sun protection to support their learning and opportunities for play, at the same time acknowledging that vitamin D sourced from the sun is a crucial factor in keeping bones and muscles strong and healthy. Educators are to model appropriate sun behaviours and ensure that the sun smart, sun safe policy and all procedures are always adhered to.

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia. Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life.

By implementing a best-practice Sun Protection Policy, Early Childhood Education and Care Services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk. Sun protection times are forecast for the time-of-day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page or SHARES website to determine sun protection requirements.

NATIONAL QUALITY STANDARD

Quality Area 1: Educational program and practice.

PROCEDURES:

Programming for outdoor activities.

UV levels and daily sun protection are used to plan daily activities and ensure a correct understanding of local sun protection requirements.

Sun protection is included in service participation risk assessments, including excursions where sun protection practices are planned, organised, understood and available,

Educators when planning for outdoor activities will consider.

- Time of year that the activity will take place.
- Time of day that the activity will take place.
- That children are wearing hats.

The UV is to be checked before any outdoor activities take place.

NATIONAL QUALITY STANDARD

Quality Area 2: Children's Health and safety

PROCEDURES:

Hats

- Educators-

Are to wear the hats provided by SHARE. These have been purchased from the Council in line with the Cancel Councils recommendations. These hats have a wide brim that protects the face and neck.

- Children Term Time:

Are to wear their school hats outside when the UV index is above 3. Children without a school hat are to play inside or on the veranda until the UV drops below 3.

- Children Vacation Care-

During all vacation care programs children are to wear a "Red Hat" supplied by SHARE when outside and on excursion. This Red hat is to be worn even if the UV is below 3, as the hat serves a dual purpose of protecting children from the sun and as a form of

identification. It is the legionnaire style and children are reminded to always have the flap at the back down and not tucked into the hat.

Clothing:

- Educators-

To wear clothing that covers as much of the skin as possible. Educators are to use sunscreen. SHARE supplies sunscreen or Educators can use their own.

- Children-

Term Time: School uniform either shorts, long pants, skirt, t-shirt or school dress, hat.

Vacation care: Parents are reminded to dress their child appropriately for the weather and for any excursions that they will be attending. Children dressed inappropriately for hot weather will be required to play either inside or on the veranda. Midriff, crop, or singlet tops do not provide enough sun protection and therefore not recommend for children who wish to play outside.

Sunscreen

- *Educators and children:*

  SHARE has available SPF30+ (or higher) broad-spectrum water-resistant sunscreen. Application of sunscreen is dependent on the UV index.

  Australian Cancer Council recommends using sunscreen every day on days when the UV index is forecast to be above 3.

  Educators and children are encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours.

  Educators are to ensure that all children when being collected from school have had sunscreen applied.

  Educators are to ensure that all children have applied sunscreen during vacation care time and re applied every 2 hours.

  *Permission to apply sunscreen is included in the service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.

  Families ensure sunscreen is applied prior to attending vacation care.

  Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored. Sunscreen is taken to school in the mornings and afternoons.

Sunglasses

- Educators and children are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4)

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NATIONAL QUALITY STANDARD

Quality Area 3- Physical environment

PROCEDURES:

Shade: The availability of shade is considered for all outdoor activities and excursions.
Shade options are provided, maintained, and promoted to the children.
Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns.
Outdoor play equipment is checked to ensure that is suitable for playing and will not heat burn children who use it.
Shade options can include a combination of portable, natural, and built shade. Cancer Council encourages.
Regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional.
shade.

NATIONAL QUALITY STANDARD

Quality Area 5- Relationships with children

PROCEDURES:

Educators: To act as role models and demonstrate SunSmart behaviours by:

Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional)
Applying SPF30+ broad-spectrum water-resistant sunscreen.
Promoting the use of shade,
Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun

protection
Children are provided with opportunities to take leadership roles in managing sun protection, e.g. accessing daily UV l level and sun protection times, hat reminder and management of sunscreen.
daily UV levels and sun protection times, hat reminders and management of sunscreen.
Children understand why sun safety is important and learn how to take effective sun protection actions.

'Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our children to be SunSmart when they step outside '.

NATIONAL QUALITY STANDARD

Quality Area 6 – Collaborative partnerships with families and communities.

PROCEDURES

Sun protection policy, procedures, requirements, and updates are made available to staff, families and visitors.
Sun protection information and resources are accessible and communicated regularly to families.
All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen.
requirements on enrolling their child/ ren in the service or vacation care.

NATIONAL QUALITY STANDARD

Quality Area 7 – Governance and leadership

PROCEDURES

Management regularly monitors and reviews how effectively they implement their sun protection policy.

EDUCATION AND CARE SERVICES NATIONAL LAW	
167	Protection from harm and hazards
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
170	Policies and procedures to be followed

National Quality Framework - My Time, Our Place	
Learning Outcome 1	Children have a strong sense of identity. Children feel safe, secure and supported
Learning Outcome 3	Children have a strong sense of wellbeing. Children take increasing responsibility for their own health and physical wellbeing
Learning Outcome 5	Children are effective communicators. Children interact verbally and non-verbally with others for a range of purposes.