

# Sun and Weather Protection

## Policy Statement

We are committed to ensuring the safety and well-being of all children by creating a safe environment that supports children's learning, development and opportunities for play. Our commitment includes teaching and implementing appropriate sun protection measures whilst encouraging children to listen to their bodies and manage their own temperature year-round. The service will ensure sun protection measures are applied to staff and children who are outside when the UV index is 3 or above.

## Background

Exposure to ultraviolet radiation (UVR) from the sun can cause permanent damage to skin and increases the risk of skin cancer. The World Health Organisation states that 'Children are at particular risk because they are in a state of growth and therefore are more susceptible to experiencing harmful effects, interfering with their normal development. Encouraging children to take simple precautions will prevent both short-term and long-term damage' (<https://www.who.int/news-room/fact-sheets/detail/ultraviolet-radiation>).

## Policy Considerations

- Education and Care Services National Regulations – Regulation 100, 113, 114, 168 (2) (a) (ii)
- Cancer Council ACT's National SunSmart School Program
- World Health Organization Ultraviolet Radiation

## Procedure Environment

- Children may be encouraged to shaded areas for outdoor experience and any outdoor activities will be held in shaded areas whenever possible.
- Our spaces have adequate shade or plans are in place to improve shade provision.

## Sun and weather protection and monitoring

- Sun protection is required when the UV index is 3 or above.
- Staff will be required, and visitors will be encouraged to model sun safe practices when spending time outdoors when UV levels reach 3 and above.
- All staff will wear the following when spending time outdoors when UV levels are 3 and above:
  - A suitable hat
  - Sun safe clothing that covers as much skin as possible
  - Sunscreen
  - And are encouraged to wear sunglasses which meet the Australian Standard 1067
- Children will wear hats and sun safe clothing for all outdoor experiences between August and May. Parents are requested to provide a hat which gives protection to the child's face, neck, head, ears and the crown of the head. Sun safe clothing includes shirts, dresses with collars or high necks, pants and long shorts or skirts in closely woven fabric. The back and stomach are to be covered.

Reviewed on:	27/03/2024	Approved on:	11/07/2024
Reviewed by:	Darcy Tait	Approved by:	Natasha Finnigan

- Staff will direct children to wear hats for outdoor play. Children who do not have a hat must play in a sheltered area or remain inside if shade is not available. Staff are to enforce the 'no hat play under the shade' rule.
- Children will not share hats. Children's hats will not be stored in the same container. Where the Service's spare hats are used they are to be used only by one child. All spare hats will be washed before use by anyone else.
- Maximum protection sunscreen lotion (An SPF 30+ to 50+, broad spectrum, water resistant) will be made available in the Service and applied to children when exposed to the sun. Sunscreen is applied 15-20 minutes before outdoor activities when UV levels are forecast to reach 3 and above. Sunscreen is reapplied after 4 hours- more often if washed or wiped off.
- In winter months children will be encouraged to wear jumpers whilst participating in outdoor experiences.

### **Sun and weather protection awareness, programming and planning**

- Parents are encouraged to apply sunscreen to their child prior to attending the Service and reminded to supply a suitable hat from August to May.
- Parents are encouraged to provide their child with a jumper in winter months when attending the Service.
- Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen. If no sunscreen is provided the child will be encouraged to play in the sheltered areas.
- The sun protection message is reinforced throughout the program (i.e. website, newsletters, enrolment etc.)
- The Service will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic.
- The Cancer Council's free Generation SunSmart PL training will be made available with staff supported to complete this training as part of professional development.
- Staff are encouraged to download the SunSmart App to assist them with daily sun protection times in Canberra.
- The SunSmart App is available on devices at each service to assist them with daily sun protection times.
- Hazard checks will include confirming the UV index for that session (BSC, ASC, VAC). The index will be used to notify educators when sun safety protocols should be implemented.
- All sun protection practices will be maintained while on all excursions. While it is not always practicable to reduce time outdoors during the middle of the day in Summer, every attempt will be made to make shaded areas available on excursions and apply sun protection practices when UV levels are 3 and above.
- In Canberra, direct exposure to the sun should be minimised between 11am and 3pm during day light saving/summer time)

### Related Documents

- [Child Safe Environment Policy](#)

Reviewed on:	27/03/2024	Approved on:	11/07/2024
Reviewed by:	Darcy Tait	Approved by:	Natasha Finnigan

# Kids Biz Holidays & Sports OSHC Policies & Procedures

## Document Version Control

Version Date	Changes
05/12/2018	Full review
27/08/2019	Document version history added
05/06/2020	Full review following feedback & review by the ACT Cancer Council (David Wild)
27/03/2024	Full review
6/08/2024	Full review (includes weather protection)

Reviewed on:	27/03/2024	Approved on:	11/07/2024
Reviewed by:	Darcy Tait	Approved by:	Natasha Finnigan