



Sun Protection Policy

POLICY STATEMENT

The aim of this policy is that the agency and all educators/nannies are able to ensure children educators, nannies, volunteers and others participating in Annie's Nannys and Babysitting Agency's programs and activities maintain a healthy balance of ultraviolet (UV) Radiation exposure. Whilst also providing information for parents/guardian, educators, volunteers and children attending Annie's Nannys and Babysitting Agency regarding a healthy balance of UV radiation exposure. They require a sun safe environment to allow them to be able to play freely outdoors.

This policy applies to all staff educators, nannies within our agency. During the beginning of September through to the end of April year is when this policy is most applicable during this period and sun protection measures must be used for all outdoor activities. From May through to the end of August sun protection may be needed if the UV Index Level is at 3 or above.

Annie's Nannys and Babysitting Agency is committed to:

- Promoting sun protection strategies for children, families, staff and visitors to minimize the harmful effects of over exposure to UV radiation, while allowing some UV exposure for vitamin D requirements.
- Ensuring that curriculum planning will minimize exposure to the sun and also promote an awareness of sun protection and sun safe strategies
- Providing information to children, educators, nannies, staff, volunteers, parents/guardians and others at the service about the harmful and beneficial effect of exposure to the sun's UV radiation

Balanced exposure to UV radiation is important for health. Australia has one of the highest rates of skin cancer in the world. Epidemiological studies have consistently shown the link between overexposure to ultraviolet (UV) radiation and skin cancers. Skin cancers are one of the most preventable types of cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Infants and toddlers (up to 4 years of age) are particularly vulnerable to UV radiation-induced changes in the skin due to lower levels of melanin and a thinner stratum corneum, the outermost layer of skin.

It is also important to have a healthy balance of UV radiation exposure. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health. Appropriate levels of sun exposure can vary from child to child.

It is a requirement under the Occupational Health and Safety Act 2004 that employers provide a healthy and safe environment for all persons who access the service's facilities and/or programs. Legislation that governs the operation of approved children's services is based on the health, safety and welfare of the children and requires that children are protected from hazards and harm.

LEGISLATION AND STANDARDS

Relevant legislation and standards include but are not limited to:

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations 2011: Regulations 114, 168(2)(a)(ii)
- National Quality Standard, Quality Area 2: Children's Health and Safety
 - Standard 2.3: Each child is protected
 - Element 2.3.2: Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury

- Occupational Health and Safety Act 2004

DEFINITIONS

Clothing for sun protection: Clothing that is loose-fitting, made from cool, densely woven fabric and covers as much skin as possible: tops with elbow-length sleeves and, if possible, collars and knee-length or longer-style shorts and skirts. Singlet tops and shoestring tops/dresses do not provide adequate protection in the sun.

Shade: An area sheltered from direct and indirect sun, such as a large tree, canopy or artificial cover. Shade can be built, natural or temporary and can reduce overall exposure to the sun's UV by 75%. When combined with appropriate clothing, hats and sunscreen, children can be well protected from UV overexposure when outdoors. Research shows that spacious preschool environments with trees, shrubbery and broken ground not only provides better sun protection in outdoor play but also triggers more physical activity.

Sunglasses: Sunglasses are optional. If worn, it is recommended that glasses are a close fitting, wrap-around style that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen: SPF 30 (or higher), broad-spectrum, water-resistant sunscreen. Sunscreen should be reapplied every two hours, even if labelled four hours water resistant. Monitor the expiry date and store in a cool, dry place. From 3 years of age children are encouraged to apply their own sunscreen under supervision of staff to help develop independent skills ready for school.

SunSmart: The name of the program conducted by Cancer Council Victoria to promote an awareness of the need to provide sun protection:

Sunhat: To protect the neck, ears, temples, face and nose, SunSmart recommends broad-brimmed, legionnaire or bucket-style hats. Baseball caps and visors offer little protection to the cheeks, ears and neck, and are not recommended.

RESPONSIBILITIES

The Approved Provider (Annie's Nannies and Babysitting Agency) is responsible for:

- Ensuring that this policy is up to date with current SunSmart recommendations
- Ensuring parents/guardians are informed about the Sun Protection Policy on enrolment.
- Ensuring parents/guardians provide an authority for staff to apply sunscreen prior to their child commencing at the service.
- Ensuring children wear appropriate sunhats, clothing for sun protection and sunscreen when playing outdoors.
- Ensuring that the availability of shade is considered in a risk assessment prior to conducting excursions and other outdoor events
- Ensuring that information on sun protection is incorporated into the educational program
- Ensuring educators, nannies, children and other participants at the service wear sunhats, and clothing for sun protection when outside, apply sunscreen and seek shade during the times specified in the Scope of this policy
- Reinforcing this policy by providing information on sun protection to service users via newsletters, noticeboards, meetings and websites etc.

Educators and nannies are responsible for:

- Accessing the SunSmart website to check the daily local sun protection times to assist with the implementation of this policy
- Wearing sunhats and clothing for sun protection when outside, applying sunscreen and seeking shade during the times specified in the scope of this policy
- Ensuring each child and any other participant at the service wears an appropriate sunhat, clothing for sun protection and sunscreen for all outdoor activities during the times specified in the Scope of this policy
- Applying sunscreen (refer to Definitions) to children's exposed skin – except in cases where parents/guardians have not given authority. Where possible this should be done 20 minutes before going outdoors. Children where

appropriate will be encouraged to apply sunscreen with the assistance of an educator (sunscreen is to be reapplied every two hours or as per label instructions).

- Storing sunscreen in a cool place and monitoring the expiry date
- Ensuring that children without appropriate sunhats or clothing for sun protection play in the shade or in a suitable area protected from the sun
- Encouraging children to seek shade when playing outside and utilise shaded areas for outdoor equipment that is not fixed during the times specified in the scope of this policy
- Ensuring that sun protection strategies are a priority when planning excursions
- Providing a good role model with regard to SunSmart practices

Parents/guardians are responsible for:

- When required provide a named SunSmart approved sunhat for their child's use while under the care of the agency
- Applying sunscreen to their child before the commencement of each session during the times specified in the scope of this policy
- Providing written authority for staff to apply sunscreen to their child.
- Providing at their own expense an alternative sunscreen to be used if their child has a particular sensitivity to the sunscreen provided by the service