

POLICY

This policy applies to Your OSHC and Rocketeers onsite and off-site. This policy is located on the Camp Australia website for families to access and in the National Operations Policy Manual.

Purpose

Our Sun Smart policy has been developed to limit UV radiation exposure for all children and staff attending our services or excursions.

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.

The Education and Care Services National Regulations require policies and procedures to be in place in relation to sun protection.

The vast majority of skin cancers, including melanoma, are caused by over-exposure to UV radiation from the sun. The World Health Organisation has cautioned that 'children's UV exposure should be carefully limited because they are in a dynamic state of growth and therefore more susceptible to environmental threats than adults.

This policy provides guidelines to:

- limit exposure to UV radiation for children and staff;
- consider shade is sufficient outdoors for children and staff;
- encourage children to develop independent sun protection skills and consider their voice on how they want to be protected from the sun
- support duty of care and regulatory requirements
- support appropriate Workplace Health Safety (WH&S) strategies to minimise UV exposure risk and associated harms for staff and visitors.

To assist with the implementation of this policy, staff and children are encouraged to access and display the daily local sun protection times, available from myUV.com.au on the service tablets. The sun protection times are a forecast from the Bureau of Meteorology for the time-of-day UV levels are forecast to reach three and above.

Background

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Given children and staff attend services at times when UV levels can be damaging, services can play a major role in positively influence long-term Sun smart behaviour.

Sun protection times

UV levels vary across Australia and throughout the year. This listing highlights when UV is typically three and above in each state and territory. There may be times UV levels are three and above outside these periods. *Please check the daily local sun protection times using myUV app on the service tablets to be sure you are using sun protection when it is required for your location.*

ACT- 1st August to 31st May

Wherever practicable, outdoor activities should be minimised between 11am and 3pm in summer.

NSW - All year

Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

NT - All year

Wherever practicable, outdoor activities should take place before 10am and after 3pm, when UV levels are lower.

QLD - All year

Wherever practicable, outdoor activities should take place before 10am and after 3pm, when UV levels are lower.

SA - 1st August to 30th April

Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

VIC - 15th August to 30th April

Active outdoor play is encouraged throughout the day all year provided appropriate sun protection measures are used when necessary.

WA - All year

Active outdoor play is encouraged throughout the day all year provided appropriate sun protection measures are used when necessary.

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times**.

1. Seek shade

- Nominated Supervisors are to make sure there is enough shelters and trees providing shade in the outdoor area particularly in high-use areas and during excursion risk assessments.
- Educators consider the availability of shade when planning outdoor activities including when on an excursion.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.

2. Slip on sun-protective clothing

- Children are required to wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts and skirts are best. If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors. Rash vests or t-shirts are used for outdoor swimming and water activities.

3. Slap on a sun protective hat

- All children and staff are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket style). Peak caps and visors are not considered a suitable alternative.
- Children without a sun protective hat are provided with one where possible.

4. Slop on sunscreen

- **SPF50 or 50+ broad-spectrum**, water-resistant sunscreen is supplied by the service and/or families. Where families supply sunscreen this will need to be indicated in the parents account for the child.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.
- Permission to apply sunscreen is included in the service enrolment form (in our Terms and Conditions). 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

5. Slide on sunglasses [if practical]

- Where practical, children are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Sun protection is incorporated into the learning and development program.
- The SunSmart policy is reinforced by staff and through children's activities and displays.
- Staff are encouraged to complete Cancer Council's free online learning modules.
- Children are encouraged to be involved in initiatives to promote and model sun protection measures at the service including taking leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

Engaging children, staff and families

- Staff and families are provided with information about sun protection through email, noticeboards and the CA website and Parent Portal.
- When enrolling their child, families are:
 - informed of the service's Sun Smart policy;
 - asked to provide a suitable sun protective hat, covering clothing and apply sunscreen to their child before care;
 - encouraged to use sun smart measures themselves when at the service.

WH&S

As part of WH&S UV risk controls and role-modelling, staff and visitors:

- wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and

- seek shade whenever possible.

UV radiation exposure is considered as part of a service’s risk management and assessment for all outdoor events and activities on and off-site.

STRATEGIES

The most recent CA Sun Smart policy are available to all CA team members, children, families, contractors, and visitors. The educators of the service can assist with access and it also on the CA web site.

In NSW, this Sun Smart policy will be updated and submitted to the Cancer Council at least every three years to maintain our SunSmart status.

Educators are to follow the Extreme Heat and Managing Heat policies and are to role model sun safe practices.

Regional managers, during service visits, will monitor and review how effectively the educators of the service implement this Sun Smart policy and practices.

The service leader is to order SPF 50+ sunscreen suitable for sensitive skin via WINC when placing the termly order. The Procurement team can be contacted via email: procurement.enquiries@campaustralia.com.au or call 1300 665 257, option 3.

Any parent supplied sunscreen needs to be SPF 50 or 50+ broad-spectrum, clearly labelled with the child’s name and be within the expiry date. The parent is to indicate in the parent portal their child is to use the sunscreen they have provided. The sunscreen is to be left at the service.

Children may only be exempt from this Sun Smart policy where a medical practitioner has given consent.

Educators are to support children to apply their own sunscreen, refer to OP013 Limited Physical Contact policy.

Where a child has a certain health condition and/or medication where they are more sensitive to UV radiation and need to use sun protection regardless of the UV levels, this will be noted in the child’s Risk Minimisation and Communication Plan.

Adults with a health condition and or medication where they are more sensitive to UV radiation and need to use sun protection at all times of the year will have access to sunscreen, for other needs speak to your coordinator or regional manager.

External Information References:	
Education and Care Services National Law 2010	Section 2A Paramount Consideration – safety rights and best interests of children Section 167 Offence relating to protection of children from harm and hazards
Education and Care Services National Regulations	Reg 100 Risk assessment to be conducted before excursion Reg 101 Conduct of risk assessment for excursion Reg 114 Outdoor space – shade Reg 116 Safe arrival of children policies and procedures Reg 168 Education and care service must have policies and procedures
National Quality Framework	QA1, QA2, QA3, QA5, QA6, QA7
My Time Our Place Framework for School Age Care in Australia	Outcome 3
Work Health and Safety ACT 2011	Division 1, Subdivision 1, 17
SunSmart Australia	

