



# Sun Protection

Review Date: 24/10/2025

## Introduction

Australia has the highest rate of skin cancer in the world.

Research has indicated that young children have sensitive skin that places them at particular risk of sunburn and skin damage.

Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life.

Early childhood services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

## Goals – What are we going to do?

- Our care and education service will follow best practice guidelines to protect children, family members educators and staff from the damaging effects of sun exposure.
- Our service will become a SunSmart service.

In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.

## Strategies - How will it be done?

Our sun protection strategies are:

### Outdoor Activities

The service will use a combination of sun protection measures whenever **UV Index levels reach 3** and above (SunSmart App). In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year.

UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements. Extra sun protection is necessary between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning learning experiences and spaces including excursions.

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.

## Shade

Outdoor activities will be planned to occur in shaded areas wherever practicable. Play experiences will be set up in the shade and moved throughout the day to take advantage of shade patterns.

The service will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

## Hats

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Legionnaire hat.
- Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
- Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors). Spare hats will be lent to children if needed.

## Clothing

When outdoors, educators, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.

Children who are not wearing sun safe clothing can be provided with spare clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

## Sunscreen

All staff and children will apply SPF30, SPF50 or SPF50+ broad-spectrum water- resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the use- by-date monitored.

All staff and children are required to apply SPF30 (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.

Cancer Council recommends usage tests before applying a new sunscreen.

Permission to apply sunscreen is included on the enrolment form. Parents are asked to provide an alternative for children with allergies or skin sensitivity, or the child is encouraged to wear collared long-sleeved shirt and long pants and to play in the shade.

## **Role Modelling**

As part of WH&S UV risk controls and role modelling, staff, families, and visitors demonstrate SunSmart behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional).
- Applying SPF30 (or higher) 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 in the service.

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.

## **Education and Information**

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to all staff, families and visitors. Further information is available from the Cancer Council website [www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart).

Children understand why sun safety is important and learn how to take effective sun protection, including taking leadership roles in managing sun protection e.g., accessing daily UV levels and sun protection times, hat reminders and management of sunscreen

## **Policy Availability**

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.

## **Review**

Management and staff will monitor and review the effectiveness of the sun protection policy

regularly. The centre's sun protection policy must be submitted every two years to the Cancer Council for review to ensure continued best practice.

Refer to the Cancer Council's guidelines and website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) for further information

## **Related Policies**

*Excursions*

*Water Safety*

## **Evaluation**

The service demonstrates SunSmart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
- The curriculum and program incorporates sun safety awareness.

## **Policy Availability**

The Sun Protection Policy will be readily available to all staff, families and visitors, and ongoing feedback on this policy will be invited.

## **Review**

Management and staff will monitor and review the effectiveness of the policy bi-annually or as needed.

### **Adopted by the Management Committee**

**President's Name:** ...Narissa Cuskelly.....

**President's Signature:** .....

**Date:** ...../...../.....

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