

SUNSMART POLICY

Quality Area 2

PURPOSE

This Sun Smart policy provides guidelines to:

- ensure all children, educators and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for children, educators and staff;
- ensure children are encouraged and supported to develop independent sun protection skills;
- support the Sorrento Community Centre's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for children, staff and visitors.

This Policy applies to all on-site and off-site activities of Sorrento Community Centre, including Sorrento Early Learning.

RATIONALE

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer.

Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

OUR VISION FOR SORRENTO EARLY LEARNING

Our vision is to aspire for excellence in the provision of early childhood services through the creation of a safe, extended family environment and the development of a community of learners where educators, parents and other adults are committed to the children's education and wellbeing.

POLICY

**Being Sun Smart**

- Sorrento Early Learning is committed to meeting the Cancer Council's SunSmart practices for educating and protecting children from the harmful effects of the sun and the sun's ultraviolet (UV) radiation. Childhood is a critical period during which exposure to UV radiation is more likely to contribute to skin cancer later in life.
- During the months of **mid-August until the end of April**, when UV levels are above 3, we encourage all families to help their child to learn sensible sun protection habits whilst at Sorrento Community Centre

- SLIP! Wear long-sleeve tops. Tank tops and singlet tops are discouraged.
  - SLOP! Wear a wide-brimmed hat that shades the face and neck (legionnaire, broad-brimmed or bucket style - but NOT a peaked cap or visor)
  - SEEK! Encourage children to play in the shaded areas. When necessary, the outdoor program layout will make full use of the shade that is available.
- **Parents** are asked to let staff know if a child has a sensitivity to sunscreen.
  - A SPF 30+ broad-spectrum, water resistant sunscreen is available at the Centre. Families are welcome to use the sunscreen and children are encouraged to re-apply sunscreen during the day.

### PROCEDURES

- Sun Protection is to be used during the daily sun protection times or whenever UV levels are 3 or higher. The Sorrento Early Learning Team Leader and educators are encouraged to access the local sun protection times via the SunSmart widget on the service's website, the free SunSmart app or at [sunsmart.com.au](http://sunsmart.com.au). In the event that it is not possible to access local sun protection times, **sun protection must be used from mid-August to the end of April each year.**
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times. (The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.)

**Special note regarding infants:** SunSmart practices consider the special needs of infants. All babies under 12 months are kept out of direct sun when UV levels are 3 or higher. Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a baby's skin. The widespread use of sunscreen on babies under 6 months old is not recommended.

### Environment

#### Seek shade

- It is the responsibility of Sorrento Community Centre Manager, working in conjunction with the owner of the building Mornington Peninsula Shire, to make sure there is a sufficient number of shelters and trees providing shade in the outdoor area particularly in high-use areas.
- The Sorrento Early Learning Team Leader will consider the availability of shade when planning all outdoor activities during high UV level danger periods.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are directed to shady play spaces or a suitable area protected from the sun.
- In consultation with the Manager, Sorrento Community Centre Board, and Mornington Peninsula Shire, shade provision is considered in future plans and upgrades.

- An assessment of available shade is conducted regularly to determine the current availability and quality of shade.

### **Behaviours**

#### ***Slip on sun-protective clothing***

- Children wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended.
- Families are asked to choose tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer style shorts and skirts for their child.
- 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.

#### ***Slap on a sun protective hat***

- All children and educators 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.

#### ***Slop on sunscreen***

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied by Sorrento Early Learning and/or families.
- Parents are required to supply named sunscreen for their child where specific sunscreen is required to protect the child.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of staff, and are encouraged to do so.
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

#### ***Slide on sunglasses [if practical]***

- Where practical children 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 Sorrento Early Learning's learning and development program.
- The SunSmart policy is reinforced by Sorrento Early Learning Team Leader and educators and through children's activities and displays.
- Educators, staff and families are provided with information about sun protection through the Parent Handbook, noticeboards and the Sorrento Community Centre website.
- When enrolling their child, families are:
  - informed of the SunSmart policy of Sorrento Early Learning;

- asked to provide a suitable sun protective hat, covering clothing and sunscreen for their child;
- required to give permission for educators to apply sunscreen to their child; and
- encouraged to use SunSmart measures themselves when at the service.

### OHS

- As part of OHS UV risk controls and role-modelling, educators, staff, students and visitors:
  - wear a suitable sun-protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible.

### Monitoring and review

- The SunSmart policy is available to staff, families and visitors.

### Resources available

- [Occupational Health and Safety Act \(2004\)](#)
- [Children's Services Act 1996](#)
- [Children's Services Regulations 2009](#)
- [Child Wellbeing and Safety Act 2005 \(Vic\) \(Part 2: Principles for children\)](#)
- [Education and Care Services National Law Act 2010:](#)  
Section 167: Protection from harm and hazards
- [Education and Care Services National Regulations 2011](#)

Part 4.2: Children's health and safety	
Reg 100	Risk assessment must be conducted before excursions
Part 4.3: Physical Environment	
Reg 113	Outdoor space: natural environment
Reg 114	Outdoor space: shade
Part 4.7: Leadership and service management	
Reg 168 (2)(a)(ii)	Policies and procedures: Sun protection
Reg 170	Policies and procedures to be followed
Reg 171	Policies and procedures to be kept available
Reg 172	Notification of change to policies or procedures

*Sorrento Community Centre acknowledges the Cancer Council and VicHealth for the wording of this Policy and Procedure.*

All staff, including management and educators, monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).

#### Policy Control Data

Approved by Sorrento Community Centre

Date: April 2020

Scheduled Review Date: April 2022

Next Review Date: