

# Sunsense Policy

---

## National Quality Standards (NQS)

QA2	2.2.1	Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
-----	-------	---

QA3	3.1.1	Fit for purpose - Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
	3.1.2	Upkeep - Premises, furniture and equipment are safe, clean and well maintained.
	3.2.1	Inclusive environment - Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.
	3.2.2	Resources support play-based learning - Resources, materials and equipment allow for multiple uses, are sufficient in number, and enable every child to engage in play-based learning.

QA6	6.1.1	Engagement with the service - Families are supported from enrolment to be involved in the service and contribute to service decisions.
	6.1.3	Families are supported - Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.

## National Regulations

	108	Space requirements—outdoor space
	110	Ventilation and natural light
	113	Outdoor space—natural environment
	114	Outdoor space—shade
	249	Declared approved services (other than declared approved family day care services)
	251	Declared out of scope services
	337	Centre-based services indoor space requirements
	338	Preschool indoor and outdoor space requirements
	339	Over preschool age—indoor space requirements

# Early Years Learning Framework (EYLF)

LO2  Children are connected with and contribute to their world	Children develop a sense of connectedness to groups and communities and an understanding of their reciprocal rights and responsibilities as active and informed citizens
	Children become socially responsible and show respect for the environment

LO4  Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
	Children develop a range of learning and thinking skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating
	Children transfer and adapt what they have learned from one context to another
	Children resource their own learning through connecting with people, place, technologies and natural and processed materials

## Aim

To promote lifestyle practices, amongst children, educators and families that will protect them from the harmful skin damage that results from cumulative exposure to the sun.

## Rationale

Australia has the highest incidence of skin cancer in the world and sun exposure during childhood significantly increases the risk of developing skin cancer and melanoma. Educators play a vital role in the long-term prevention of skin cancer and in teaching healthy sun habits to young children. Educators are responsible for preventing and reducing the risks from excess exposure to the sun while children are in their care.

## Implementation

1. This policy is for implementation from 1 August until 30 April and when the ultraviolet (UV) radiation is 3 and above at other times. A combination of sun protection measures are considered when planning outdoors activities such as excursions and water based activities. When the UV radiation is below 3, children, educators and staff are not required to wear sun protection. Safe sun exposure is important for the production of vitamin D for bone growth and development.
2. Parents are requested to send their child with a hat that shades the face, back of the neck and ears (such as a broad brimmed or legionnaires style hat at least 6 cm for children and 7.5cm for

adults and with a deep crown, baseball caps are not acceptable) and appropriate clothing. Recommended clothing is a shirt/ dress with elbow length sleeves and a collar and longer style shorts and dresses. If possible, parents can provide close fitting wraparound sunglasses that meet AS/NZS 1067.1:2016, lens category 2,3,or 4.

3. Parents of children in Rooms 2 and 3 are requested to apply sunscreen to their child each morning before coming to the Centre and to notify staff of the time of application.
4. The Centre will purchase a reputable brand of SPF 30+ broad spectrum, water resistant sun screen (suitable for use on young children) for use by children and staff while they are at the centre
5. During the months 1<sup>st</sup> August to 30<sup>th</sup> April educators will apply sunscreen to children 20 minutes before each outside play session and regularly reapply (around two hourly) if outside for an extended period of play or during water activities when the UV rating at the Centre reaches 3 and above.
6. Educators will encourage children to wear hats when outside and will ensure that children wear hats when outdoors 1<sup>st</sup> August to 30<sup>th</sup> April and whenever the UV is 3 and above at other times. Children not wearing hats or appropriate clothing will remain in fully sun-protected areas when outdoors.
7. Exposure to the sun during harmful hours, during peak UV times from 1<sup>st</sup> August to 30<sup>th</sup> April, and when the UV is 3 and above outside these times, will be minimised by setting up outdoor activities in shaded areas or scheduling outside these times as much as possible.
8. For Work Health and Safety and role modelling, educators, students and volunteers (including parents and visitors) are required to apply sunscreen, wear appropriate hats, clothes and seek shade when outdoors when the UV is 3 and above. Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor events.
9. The Centre will incorporate age appropriate sun and skin protection awareness into the program.
10. The Centre will regularly reinforce and promote SunSmart Behaviour to the whole community (via newsletters, brochures and displayed information) and all families and staff will be informed of the policy.
11. The Board and the Parent Advisory Group will aim to provide and maintain shelter and trees to ensure that there are adequate shady areas in the outside play area.
12. To assist with the implementation of this policy educators will use the Centre's UV meters to monitor the UV level at the Centre each day during the peak UV period 1<sup>st</sup> August to 30<sup>th</sup> April and at other times when the daily UV weather alert at [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) is 3 and above.
13. Educators are encouraged to access the SunSmart daily UV alert via: [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv)
14. The Sunsense Policy is reviewed regularly (at least every 3 years) to ensure the policy remains current and relevant.

15. The Sunsense Policy is applicable to all centre activities both on site and off site (eg excursions).

#### **For children in Room 1**

16. Educators in Room One will discuss with each family, their wishes on outdoor play and the use of sunscreen for immobile and mobile babies aged 6-12 months. Children in this age group who are not having sunscreen applied will either be kept inside or only taken outside when they can be in total shade i.e. at least 2 metres from the nearest source of sunlight.
17. All babies under 12 months are to be kept out of the direct sun as much as possible during the daily sun protection times (i.e. when the UV is 3 and above).
18. All babies should be protected by using shade, sun-protective clothing, wraps and hats. If direct sun can't be avoided when the UV is 3 and above, sunscreen should only be applied to small areas of exposed skin not protected by clothing or hats on babies 6 months and older.
19. When the UV is below 3, sun protection is generally not required and a small amount of direct UV exposure is considered safe and healthy for infants. However, if spending longer periods of time outdoors during low UV periods, it is recommended that skin be protected from UV exposure with clothing and shade when available.
20. Children under 12 months will have their hands and face wiped after outdoor play to remove sunscreen. This may coincide with preparing children for lunch or snacks.

#### **For older children**

21. Children from Room 3 may have some outside play between 10.00am and 3.00pm (peak UV radiation times) during 1<sup>st</sup> August and 30<sup>th</sup> April. There may be times when the group dynamics and activity levels of children in Room 3 warrant outside play at this time. This will occur only after consultation with individual parents. Outside play will only be in fully shaded areas and will be closely supervised by educators to ensure children follow all sun-safe procedures, including the wearing of sun protective clothing, hats and sunscreen reapplication every 2 hours.

## **Sources**

*Education and Care Services National Regulations 2011*

*Early Years Learning Framework (EYLF) v2.0*

*Cancer Council SA*

*Cancer Council SA and the National SunSmart Early Childhood Program*

*Cancer Council SA SunSmart early childhood policy guidelines (including sample policy)*

*National Quality Standard (NQS)*

*Work Health and Safety Act 2012*

*Work Health and Safety Regulation 2012*

## Review

The policy will be reviewed regularly by:

- Management/Staff
- Employees
- Families
- Consultants

### Version History

Version	Date	Policy approval	Description of changes	Effective date	Review date
1.0	16/06/2022				06/2023
1.1	14/09/2023		Updated as per Cancer Council policy checklist		09/2025