

## Early Learning

# Sun Protection Policy

### Overarching Statement

The *Keeping Children Safe Policy* of the Uniting Church in Australia Synod of Victoria and Tasmania (refer to *Sources*) is the overarching whole of church policy to be implemented by individuals and entities involved with or connected to the Uniting Church. All children who are involved in any of the Church's activities, events or programs have a right to feel and be safe. The Church is committed to provide safe environments where children are cared for, respected, nurtured and sustained.

### Policy Statement

Uniting Early Learning is committed to:

- Promoting sun protection strategies for children, families, staff and visitors to minimise the harmful effects of over exposure to ultraviolet (UV) radiation, while allowing some UV exposure for vitamin D requirements.
- Ensuring that curriculum planning will minimise over exposure to UV radiation and also promote independent sun protection skills and sun safe strategies.
- Providing information to children, educators, staff, volunteers, parents and others at the service about the harmful and beneficial effects of exposure to the sun's UV radiation.
- meeting duty of care and legal requirements to minimise risk.

### Executive Summary

Early childhood is recognised as a major stage of life where prolonged exposure to UV radiation can have a detrimental lifelong impact on health. Minimising exposure to reduce the damaging effects of the sun is required. Sun protection measures are essential during local sun protection times (issued whenever UV levels are 3 and above). Babies less than 12 months of age are not to be exposed to direct sunlight when the UV index is 3 or above.

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
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Uniting Early Learning will utilise a combination of strategies to meet the Occupational Health & Safety, legal requirements and duty of care to children, staff, volunteers and visitors to minimise UV risk and associated harms.

Educators play a significant role in modelling appropriate sun protection measures and through intentional program planning. They promote sun safe play by:

- appropriately scheduling outdoor activities
- maximising the utilisation of outdoor shade areas
- consistently implementing routines to facilitate the wearing of sun safe clothing, hats and use of sunscreen
- engaging a collaborative and educative approach with families to increase knowledge and understanding
- teaching children, according to their capability level, independent sun protection skills.

## Current Environmental Context

Sun protection is required at any time of the year when the UV Index level is at or above 3. The daily local sun protection times show when UV levels will be three or higher. In Tasmania and Victoria this is typically from the start of September to the end of April but in some parts of the state this may extend beyond these months.

To be sure you are using sun protection when you need to, check the daily sun protection times in the weather section of the newspaper, on the SunSmart website at [www.sunsmart.com.au](http://www.sunsmart.com.au) or [myuv.com.au](http://myuv.com.au) , on the free SunSmart app and the free widget that can be added to websites.

It is recommended that services apply for SunSmart membership and registration ([www.sunsmart.com.au](http://www.sunsmart.com.au)).including joining the Achievement Program (<http://www.achievementprogram.health.vic.gov.au/> )

**Attachment 2a:** Responsibilities relating to the Sun Protection Policy

**Attachment 2b:** SunSmart procedures

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 2 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
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## Reference/Sources

### This policy should be read in conjunction with:

- Keeping Children Safe Policy of the Uniting Church in Australia Synod of Victoria and Tasmania, Approved May 2017
- *Educational Program and Practice Policy*
- *Excursion, Regular Outings and Service Events Policy*
- *Nutrition Oral health and Active Play Policy*
- *Occupational Health and Safety Policy*
- *Supervision of Children Policy*
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- Cancer Council Australia: [www.cancer.org.au/sunsmart](http://www.cancer.org.au/sunsmart)
- *Education and Care Services National Law Act 2010*: Section 167
- *Education and Care Services National Regulations 2011*: Regulation 100, 113, 114 and 168
- Eye and face protection - Sunglasses and fashion spectacles AS/NZS 1067.1:2016,
- *National Quality Standard Quality Area 2*: Children's Health and Safety
- Playground equipment and surfacing – General safety requirements and test methods AS 4685.1: 2014
- Safe Work Australia: [Sun protection for outdoor workers](#)
- Sun protective clothing: Evaluation and classification AS/NZS 4399:2017
- Sunscreen products: Evaluation and classification AS/NZS 2604:2012
- SunSmart Tasmania: [www.cancertas.org.au/prevent-cancer/sunsmart/](http://www.cancertas.org.au/prevent-cancer/sunsmart/)
- SunSmart Victoria: [www.sunsmart.com.au](http://www.sunsmart.com.au)
- *Tasmanian Licensing Standards for Centre Based Child Care (2014)* Standard 14

## Authorisation

This policy was adopted by Uniting Early Learning on 10 May, 2018

## Review

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 3 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
Date Published	10/05/2018	Revision Due Date	06/06/2019	

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This policy is due for review by 06 June 2019

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 4 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
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DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 5 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
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## Attachment.2b - SunSmart Procedures

To assist with the implementation of this policy, educators and children are encouraged to access the daily 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). This will be dependent upon reliable internet connection at the service.

The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria and Tasmania.

Where possible, active, outdoor sun safe play is encouraged throughout the day.

SunSmart practices consider the special needs of infants. All babies under 12 months are kept out of direct sun during the sun protection times (when UV levels are three and above).

## Healthy physical environment

### 1. Seek shade

- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area particularly in high-use areas.
- The availability of shade is considered when planning all outdoor activities.
- 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.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 6 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
Date Published	10/05/2018	Revision Due Date	06/06/2019	

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## Healthy social environment

### 2. Slip on sun protective clothing

- Children are required to wear loose-fitting clothing that covers as much skin as possible, including appropriate footwear. Clothing made from cool, densely woven fabric is recommended. Tops with elbow-length sleeves, and if possible, collars and knee-length or longer style shorts and skirts are best. If a child is not wearing sun-safe clothing (e.g. a singlet top or shoestring dress) they will be required to choose a t-shirt/shirt to wear over the top before going outdoors.

### 3. Slap on a hat

- All children 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.

### 4. Slop on sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied by the service and/or families.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every TWO hours.
- To help develop independent skills ready for school, children from 3 years of age are given opportunities and encouraged to apply their own sunscreen under supervision of staff.

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 7 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
Date Published	10/05/2018	Revision Due Date	06/06/2019	

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## 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 and the importance of vitamin D to a healthy body are incorporated into the learning and development program.
- The SunSmart policy is reinforced through educator and children's activities and displays.

## Engaging children, educators, staff and families

Educators, staff and families are provided with information on sun protection and vitamin D through family newsletters, service handbook, noticeboards and the service's website.

When enrolling their child, families are:

- informed of the service's SunSmart policy
- 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
- encouraged to use SunSmart measures themselves when at the service.

As part of OHS UV risk controls and role-modelling, educators, staff and visitors:

- wear a suitable sun protective hat, covering clothing and, if practical, sunglasses
- apply sunscreen
- seek shade whenever possible.

## Monitoring and review

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 8 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
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Management, educators and staff 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).

SunSmart policy updates and requirements will be made available to educators, staff, families and visitors.

DOCUMENT TITLE & NUMBER		SUN PROTECTION POLICY		
Content Owner		Uniting Early Learning-Head of Early Learning		Page No. Page 9 of 9
Document Author	Practice Manager	Document Version	V 4.0	Policy No. 002
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