

Sun Protection Policy:



POLICY STATEMENT:

Grays Point Activity Centre (GPAC) aims to balance the risk of skin cancer from too much sun exposure with maintaining adequate Vitamin D levels in our children. We aim to take a sensible approach to sun protection in our Centre to empower children to take responsibility for their own health and wellbeing (“My Time, Our Place” The Framework for School Age Care in Australia, Outcome 3).

The sun’s ultraviolet (UV) radiation is both a major cause of skin cancer and the best source of Vitamin D. We need Vitamin D to maintain good health, and to keep bones and muscles strong and healthy.

We aim to ensure that all children in attendance at the Centre when the UV forecast is 2 or above will be protected from the harmful rays of the sun. When the UV rating is over 12, children will not be allowed to be exposed to the sun outside for the duration that the rating is over 11+.

All staff will model appropriate sun protection behaviour and enforce the Sun Protection Policy.

GPAC currently uses daily notifications advising the UV levels and we will implement our practices for anything reaching 2 or above.

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non melanoma, is the most common cancer in Australia.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, GPAC (and OOSH services) can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day.

PROCEDURE:

1. SCHEDULING OUTDOOR ACTIVITIES Quality Area 1 & 2:
 - UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
 - Sun Protection is included in Service participation Risk Assessments, including excursions where all sun protection practices are planned, organised, understood and available.

2. SHADE Quality Area 3

- The availability of shade is considered for all outdoor activities and excursions.
- Shade options are provided, maintained and promoted to the children.
- Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns.
- Shade options can be included in a combination of portable, natural and build shade.

3. HATS Quality Area 2

- All staff and children are encouraged to wear hats that protect their face, neck and ears.
- Children without a hat are encouraged to play in the shade or are provided with a spare GPAC hat if they do not have one.
- If children are not wearing a hat when the UV rating is 2 or above, they will not be allowed to participate in the exposed outdoor activity.
- Our preference of hat would be a SunSmart hat to which the Cancer Council recommends.

4. CLOTHING Quality Area 2

- Staff and children are required to wear clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- Children without sun protected clothing are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing.
- Whilst on an excursion where we are sun exposed (e.g. swimming outside) children must wear a rash shirt and have a minimum of their shoulders covered.

**Cancer Council SunSmart clothing includes wearing:*

Loose fitting shirts and dresses with sleeves and collars or covered neckline.

Longer style skirts, shorts and trousers.

Midriff, crops or singlet tops do not provide enough sun protection and therefore are not recommended.

5. SUNSCREEN Quality Area 2

- SPF30+ (or higher) broad-spectrum water-resistant sunscreen is available at GPAC.
- All staff and children are encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours as a minimum.
- Permission to apply sunscreen is included in the Service enrolment form. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade.
- Families ensure sunscreen is applied prior to attending Vacation Care.
- All sunscreen supplied by families to their children or at our Centre is to be stored in a cool, dry place and within expiry date.

6. ROLE MODELLING OF STAFF Quality Area 1 & 5

Staff act as role models and demonstrate best practice of SunSmart behaviours by:

- Wearing a hat, protective clothing, and wearing sunglasses (optional).
- Applying SPF30+ broad-spectrum water-resistant sunscreen as a minimum protectant.
- Promoting the use of shade where appropriate.
- 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. With educators being role models and leading the way with their own sun safety, we can inspire our children to be SunSmart when they step outside.*

7. EDUCATION Quality Area 1, 4 & 5

Children are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

8. INFORMATION AND POLICY AVAILABILITY Quality Area 6 & 7

- Sun Protection Policy, procedures, requirements and updates are made available to staff, families and visitors.
- All parents/families are informed of sun protection, hat, clothing and sunscreen requirements in the Family Handbook and what is required for Vacation Care.

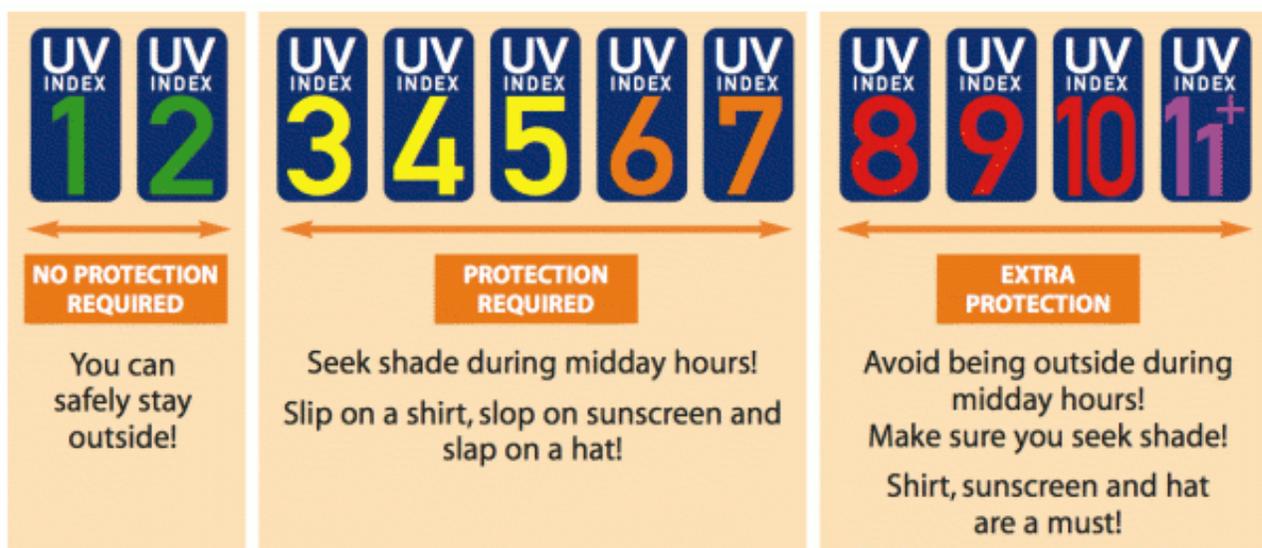
9. REVIEW Quality Area 4 & 7

- Management regularly monitor and review how effectively they implement their Sun Protection Policy.

The Sun Smart Program is part of the Cancer Councils Sun Protection Policy and references for GPAC's policy have been created and referenced from the Cancer Council Out of School Hours Sun Protection Policy.

Further information on the UV rating and scale can also be found here :

<https://www.myuv.com.au/about-uv/>



CONSIDERATIONS:

UV Index – Cancer Council recommended rating is over 3. GPAC uses a 2 rating:

<https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/>

Education and Care Services National Regulations	National Quality Standard	Other Service Policies/documentation	Other
100, 110, 114	Standard 1,2,3,4, 6	<ul style="list-style-type: none"> • WHS Act • Regulations 2012 • NSW Cancer Council 	<ul style="list-style-type: none"> • My Time, Our Place

ENDORSEMENT BY THE SERVICE:

Approval date: _____ March 2020 _____
Date for review: _____ September 2021 _____

Revised 10/02/2020 JH
 Revised 18/2/2020 KG
 Revised March committee mtg by JW KG