


<b>D-6</b>	<b>SUN PROTECTION</b>	 Thornleigh West OOSH
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## POLICY STATEMENT

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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, TWOOSH can help protect educators 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. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

## REFERENCES AND CONSIDERATIONS

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- My Time, Our Place Framework for School Age Care in
- National Quality Standard – QA 2, QA 3
- SunSmart NSW
- D-1 Work Health Safety Policy
- Cancer Council
- BOM Weather App

## PROCEDURE

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### Scheduling outdoor activities

- ◆ UV levels and daily sun protection times are taken into consideration when planning 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.

### Shade

- ◆ 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 include a combination of portable, natural and built shade. Cancer Council encourages regular shade assessments and the monitoring of existing shade structures, to assist in planning for additional shade.

## Hats

- ◆ All Educators and children are encouraged to wear SunSmart hats that protect their face, neck and ears.
- ◆ Children without a SunSmart hat are encouraged to play in the shade.

### **SunSmart hats include:**

- ◆ Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- ◆ Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- ◆ Legionnaire style hats, baseball caps or visors do not provide enough sun protection and therefore are not recommended

## Clothing

- ◆ Educators and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- ◆ Children without SunSmart 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.

### **SunSmart clothing includes wearing:**

- ◆ Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- ◆ Longer style skirts, shorts and trousers. Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

## Sunscreen

- ◆ SPF30+ (or higher) broad-spectrum water-resistant sunscreen is available at the service.
- ◆ All Educators and children are encouraged to apply sunscreen when arriving at before school care and after school care before they begin their activities and reapply every 2 hours or as needed according to the recommended sun protection times.
- ◆ 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 encouraged to play in the shade.
- ◆ Families ensure sunscreen is applied prior to attending Vacation Care. Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

## Role modelling of Educators

### **Educators act as role models and demonstrate SunSmart behaviours by:**

- ◆ Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional)
- ◆ Applying SPF30+ 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

- ◆ 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.
- ◆ Children understand why sun safety is important and learn how to take effective sun protection actions. Further information is available from Cancer Council NSW's website [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

## Information and policy availability

- ◆ Sun protection policy, procedures, requirements and updates are made available to Educators, families and visitors.
- ◆ Sun protection information and resources are accessible and communicated regularly to families.
- ◆ All parents/families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements on enrolling their child in TWOOSH or Vacation Care.

## Sunglasses (optional)

- ◆ Educators and children are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4)

## Review

- ◆ Management regularly monitor and review how effectively they implement their sun protection policy. Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain SunSmart accreditation.

## Revisions

**Date of next review: February 2027**

Date	Reviewer	Approved by
May 2020		TWOOSH Management Committee
17.06.21	PG	TWOOSH Management Committee
1.9.2025		TWOOSH Management Committee