

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. The seven worst melanoma hot spots in the state are on the Northern Rivers – these being the local government areas of Ballina, Byron Bay, Clarence Valley, Kyogle, Lismore, Richmond Valley and Tweed. (Cancer Institute NSW/Northern NSW Local Health District).

### **PURPOSE**

Clarence Family Day Care aims to maintain the safety and wellbeing of children, staff and educators.

### **SCOPE**

This policy applies to the coordinators, children, staff, educators, educator assistants, families and visitors of Clarence Family Day Care.

### **POLICY**

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life.

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.

### **PROCEDURE**

This procedure is based on the recommendations outlined in the SunSmart Program – Cancer Council.

#### **Scheduling outdoor activities**

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- When children are on excursions sun protection practices are planned, organised, understood and available.

#### **Shade**

- Outdoor activities are planned to occur in shaded areas.
- Shade options are provided, maintained and promoted to the children.
- Play-based learning activities are set up and should be 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 children, educators and staff are encouraged to wear hats\* that protect their face, neck and ears.
- Children without a SunSmart hat are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors), or are provided with a spare SunSmart hat.

\* 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**

- Children, educators and staff are encouraged 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**

- All educators, staff and children are required to apply SPF30+ (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- 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.

Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

## **Babies**

- Babies under 12 months are not to be exposed to direct sunlight.
- Babies clothing, hat and shade positioning are checked regularly to ensure they continue to be well protected from UV. The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin.

## **Role Modelling**

Educators and Staff 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**

- Sun protection is incorporated regularly into learning programs. Children understand why sun safety is important and learn how to take effective sun protection actions e.g. hat wearing, accessing daily UV levels
- SunSmart App daily UV times are promoted to guide staff, parents and children behaviour.

## **Information and policy availability**

- Sun protection policy, procedures, requirements and updates are made available to staff, 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 the service.

## **Review**

- Educators, staff and management will regularly monitor and review how effectively they implement this sun protection policy. Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.

## **NATIONAL QUALITY FRAMEWORK**

<b>EDUCATION AND CARE SERVICES NATIONAL REGULATIONS</b>	<b>NATIONAL QUALITY AREA</b>	<b>NATIONAL QUALITY ELEMENT/STANDARD</b>
113, 114, 168	2	2.1.1
	3	3.1.1
	7	7.1.2, 7.1.3

## **REFERENCE & RELATED INFORMATION**

- Cancer Council NSW
- Sun Smart NSW [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)
- Kids Health [www.kidshealth.schn.nsw.gov.au](http://www.kidshealth.schn.nsw.gov.au)
- Kidsafe NSW
- Education and Care Services National Regulations
- Education and Care Services National Law Act