

## 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 present at the Centre are protected 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+.

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

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

Australia has the highest rate of skin cancer in the world with more than two in three Australians developing some form of skin cancer in their lifetime.

Skin cancer, including melanoma and non melanoma, is the most common cancer in Australia.

Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

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 Sun Protection 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.

By implementing a ‘best practice’ Sun Protection Policy, our OSHC Service can help protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun and teach children good sun protection habits from an early age to reduce their risk. To ensure the outdoor environment provides shade for children, Educators and staff to minimise unsafe UV exposure. Additionally, this Policy provides guidance on how to protect children and young people, and staff from severe hot weather events which are becoming more prevalent in Australia resulting from climate change.

## **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 built 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
  - When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible. Cancer Council Australia recommends clothing that:
    - a. covers the shoulders, back and stomach
    - b. is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts and trousers.

Children who are not wearing sun safe clothing may be provided with spare clothing or will be required to play under shade or in an area protected from the sun or provided with spare clothing.

*Please note: Midriff, crop or singlet tops, strappy dresses do not provide enough sun protection and therefore are not recommended.*

- 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.
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 we provide, 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.
- During incenre days at Vacation Care we keep a Sunscreen register to ensure at handovers that sunscreen is applied throughout the day.

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.
- Regularly drinking water and encouraging children to drink extra water in hot weather.
- Adapting the learning environment and excursions when severe weather events occur.
- 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

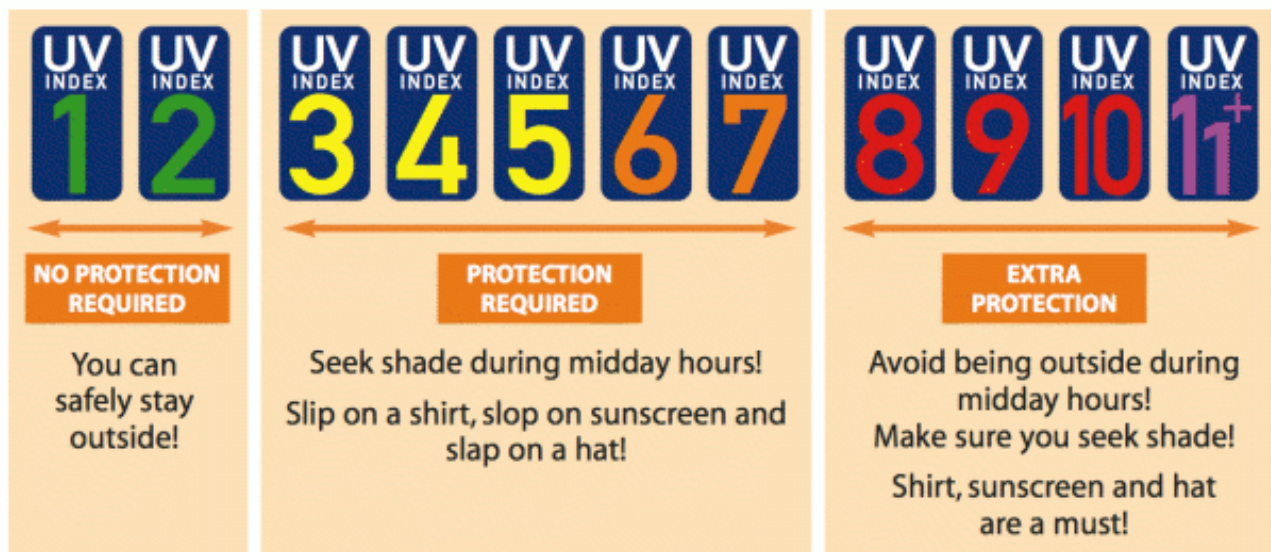
- Management regularly monitor and review how effectively they implement their Sun Protection Policy.

*Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. We currently care for children with these particular needs therefore Educators and all staff must be aware of their care plan. For further information visit [Risk factors for skin cancer](#)*

The Sun Smart Program is part of the Cancer Councils Sun Protection Policy and references for GPAC's Sun Protection 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:

- using the smartphone [SunSmart global UV app](#) available at iTunes App Store and Google Play store
- using the SunSmart widget on the Service's website available at [www.cancer.org.au](http://www.cancer.org.au)
- viewing the Bureau of Meteorology website <http://www.bom.gov.au/>
- visiting [www.myuv.com.au](http://www.myuv.com.au)



## SOURCES

- Australian Children's Education & Care Quality Authority. (2021). [Sun Protection- Policy Guidelines](#)
- Australian Children's Education & Care Quality Authority. (2024). [Guide to the National Quality Framework](#).
- Australian Government Department of Education. [My Time, Our Place- Framework for School Age Care in Australia.V2.0, 2022](#)
- Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>
- Australian Government. Bureau of Meteorology. <http://www.bom.gov.au/weather-services/severe-weather-knowledge-centre/warnings.shtml>
- Cancer Council Australia. Be SunSmart. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>
- Cancer Council. Home page: <https://www.cancer.org.au/>
- Cancer Council. Preventing cancer: Sun protections. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety>
- Children's Services Act 1996
- Cancer Council. SunSmart programs <http://www.sunsmartnsw.com.au/about/>
- Early Childhood Australia Code of Ethics. (2016).
- Education and Care Services National Law Act 2010. (Amended 2018).
- [Education and Care Services National Regulations](#). (2011)
- Kidsafe NSW. [How Hot is Too Hot To Play?](#)
- Occupational Health and Safety Act 2004
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\) \(2019\)](#).

## Australian Safety Standards

AS 4174:2018 Knitted and woven shade fabrics  
 AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles  
 AS/NZS 4399:2020, Sun protective clothing - Evaluation and classification  
 AS/NZS 2604:2012 Sunscreen products - Evaluation and classification  
 AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1 General considerations, 6.3.9 Shade and sun protection, Appendix A Shade and sun protection

### 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 Law and National Regulations	National Quality Standard	Other Service Policies/documentation	Other
S167, 100, 113, 114, 136, 168, 170, 171	2.1, 2.1.1, 2.1.3, 2.2, 2.2.1, 3.1.1	<ul style="list-style-type: none"> <li>- Administration of First Aid Policy</li> <li>- Emergency and Evacuation Policy</li> <li>- Enrolment and Orientation Policy</li> <li>- Excursion Policy</li> <li>- Workplace Health and Safety Policy</li> <li>- Providing a Child Safe Environment Policy</li> <li>- Supervision of Children Policy</li> <li>- Water Safety Policy</li> </ul>	<ul style="list-style-type: none"> <li>• My Time, Our Place</li> <li>• GPAC Enrolment – sunscreen question</li> <li>• GPAC Sunscreen Register</li> </ul>

### ENDORSEMENT BY THE SERVICE:

Approval date: _____ July 2025 _____
Date for review: _____ January 2027 _____

*Revised 10/02/2020 JH*

*Revised 18/2/2020 KG*

*Revised March committee mtg by JW KG*

*Revised KG 28/9/2021*

*Revised and links added CC Dktop KG 23/1/2024 17/7/2025 added children with medical needs and sunscreen register*