

Family Day Care

SunSmart Policy



Merri-bek
City Council

Section: 2 Children's Health and Safety

Policy ID Number: 2.10

Link to National Quality Standards: 2.2.1

Link to Education and Care Services National Legislation: As 167, r168.

1. Policy Statement

Sun protection measures will be implemented to ensure that all children and Educators are protected from overexposure to UV rays and skin and eye damage caused by the sun.

SunSmart strategies will be implemented when UV levels reach 3 and above which is generally from the mid-August to the end of May.

2. Rationale

Family Day Care is committed to creating and maintaining a child safe organisation where protecting children and preventing and responding to child abuse is embedded in the everyday thinking and practice of all staff, Educators, Educator household members, work experience/work placement students and volunteers irrespective of their involvement in child related duties.

Skin cancer is the most common cancer in Australia, and we have one of the highest incidence rates in the world. Skin cancer is caused by exposure to ultraviolet radiation (UV) in the sun's rays. Excessive sun exposure during childhood increases the risk of developing skin cancer later in life. Protecting children from the sun and its harmful effects will considerably reduce their risk.

3. Procedures

- Educators will assess the daily sun protection times and ensure they follow these procedures during those times. The free SunSmart app or website (sunsmart.com.au) provides the sun protection times each day for a location near you.
- Educators will promote sun protection practices as part of the children's learning and daily routine.
- Parents/guardians will provide:
 - minimum SPF 30+ broad-spectrum, water-resistant sunscreen for children's use during the day. (Educators cannot apply sunscreen that has not been used for a child before due to the risk of a possible allergic reaction).
 - hats that protect the face, neck and ears (i.e. legionnaire, bucket or broad brimmed 6-8cm). Peak caps and visors are not considered suitable.
 - protective, cool, loose fitting clothing that covers as much skin as possible. If a child is wearing a singlet or shoestring strap dress, they will be asked to choose a t-shirt to wear over this before going outdoors.
 - If possible, sunglasses are also recommended for children (Australian Standard 1067 compliant).
 - Parent/guardians not wanting sunscreen used on their child must provide a letter to the Educator and the Coordination Unit stating their requirements and refusal of this practice. In these circumstances the Educator will consider the safest SunSmart outdoor play practices for this child.

- As part of general SunSmart strategies, Educators will:
 - Ask children who do not have appropriate hats or covering clothing with them to choose an alternative or play in an area protected from the sun.
 - Consider the availability of shade in the FDC environment and encourage children to use shade during outdoor play periods.
 - Consider the availability of shade when planning excursions.
 - Act as role models by:
 - Wearing appropriate hats and clothing outdoors.
 - Seeking shade whenever possible.
 - Using minimum SPF 30+ sunscreen for skin protection.
 - Check the expiry date on all sunscreen used to make sure it is current and acceptable for use.
 - Ensure sunscreen is applied 20 minutes before going outdoors and reapplied every two (2) hours when outdoors.
 - To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of educator and are encouraged to do so.
 - Sunscreen is stored in a supervised, cool place, out of the sun. The expiry date is monitored.
 - Display and promote educational material about sun protection to parents.
- Infants under 12 months of age are not to be in direct sun when outside and UV levels are above three.
 - Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures.
 - If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, the sunscreen need only be used occasionally on very small areas of a baby's skin.
 - Sunscreen is not recommended for infants under 6 months.
- The Coordination Unit will support the SunSmart Early Education program by distributing educational material about sun protection to Educators and parent/guardians.

4. References

- [Education and Care Services National Law Act](#)
 - Section 167: Protection from harm and hazards
- [Education and Care Services National Regulations](#)
 - Part 4.2: Children's health and safety
 - Reg 100 Risk assessment must be conducted before excursions
 - Part 4.3: Physical Environment
 - Reg 113 : Outdoor space: natural environment
 - Reg 114 : Outdoor space: shade
 - Part 4.7: Leadership and service management
 - Reg 113: Outdoor space: natural environment
 - Reg 114: Outdoor space: shade

- Reg 168 (2)(a)(ii) : Policies and procedures: Sun protection
- Reg 170 : Policies and procedures to be followed
- Reg 171: Policies and procedures to be kept available
- Reg 172: Notification of change to policies or procedures\
- [National Quality Standards](#)
- [ACECQA](#)
- [SunSmart](#)
- [Cancer Council Victoria](#)
- Educator Agreement

Revision History

Date	Revision No.	Revision Section	Revision Description
December 2016	1.0	All	Initial Policy Release (creation date)
July 2021	2.0	All	Updated from old Policy to new format and current information and Approved by Cancer Victoria.
August 2024	3.0	All	Updated policy to reflect Merri-bek Council logo.
September 2027	Next Review Date		