

**SUN SMART POLICY****WHY?**

Thrive Group Tasmania believes in the importance of children being outdoors, spending time in the fresh air, getting plenty of exercise and connecting with the natural world around them. Thrive also acknowledges children's exposure to the sun must be very carefully managed in order to achieve a balance between too little and too much ultra violet (UV) radiation.

In Tasmania, being sun smart is a whole-year approach, using sun protection when the UV is three or above.

Over exposure to UV rays from the sun can cause sunburn, skin damage and increase the risk of skin cancer. Inappropriate sun exposure in the first eighteen years of life contributes significantly to the lifetime risk of developing skin cancer.

**WHO?**

This policy applies to families, staff and Educators enrolled with or working in the following Thrive Children's Services:

- Early Learning Services
- Outside School Hours Care Services
- Family Day Care Services

**WHAT?**

Thrive services use the Cancer Council Tasmania – Sun Smart recommendations as their guide for practices.

The UV index informs sun smart practices. If the UV index levels are three and above, staff/Educators must use a combination of sun protection measures

If the UV index levels are below three, staff/Educators do not need to use sun protection measures unless there are areas with highly reflective surfaces such as water or snow, or outdoors for extended periods of time.

The sun protection times is a way of knowing the expected UV levels each day in the service's area. It also indicates the actual time of day when sun protection is recommended.

**HOW?**

Please refer to the Sun Smart Procedure (following this Policy).

**WHEN?**

All services are to discuss sun safe practices and requirements with families prior to care commencing.

Throughout the year, staff/Educators are to be very conscious of sun smart practices during outdoor play.

When UV is three and above sun protection measures must be enacted.

When UV index is below three, staff/Educators do not have to use sun protection measures, unless children are near water, snow or outside for long periods at a time.

# CS7 THRIVE GROUP TASMANIA POLICIES AND PROCEDURES

## Children's Services

Thrive will provide all employees covered by this Policy with the appropriate training, so they are made aware of their responsibilities and obligations.

Thrive retains the sole discretion to reasonably vary, terminate or replace this policy from time to time. Thrive will consult before any amendments are made and will notify and train those to whom the amendments apply.

All persons covered under the paragraph 'Who' who breach this policy may be subject to the appropriate disciplinary action in accordance with the Disciplinary Policy and Procedure or removal from the workplace or termination of services (workers, other than employees and other persons in the workplace).

**SUN SMART PROCEDURE****HOW?**

Check the sun protection times on a daily basis. This can be found at:

- Issued by the Bureau of Meteorology and repeated in daily newspapers (as part of a weather forecast).
- Available online at [www.cancertas.org.au](http://www.cancertas.org.au) or [www.bom.gov.au](http://www.bom.gov.au) (Bureau of Meteorology).
- Able to be accessed on television, radio or as free app on smart phones from [www.sunsmart.com.au/resources/sunsmart-app](http://www.sunsmart.com.au/resources/sunsmart-app)
- Able to be accessed via a hand-held device i.e. a UV reader.
- On Thrive's website.

Each service is encouraged to select the option(s) which best suit their needs or circumstances. For information on how to read the UV, visit [www.sunsmart.com.au/ultraviolet/sunsmart\\_uv\\_alert/how\\_to\\_use\\_read\\_uv\\_alert](http://www.sunsmart.com.au/ultraviolet/sunsmart_uv_alert/how_to_use_read_uv_alert)

**UV of three or more**

Use the following sun protection measures for UV of three or more:

**Clothing** – ensure children and staff wear loose fitting clothing that covers as much skin as possible. With regards to swimming, the child's shoulders must be covered i.e. with a rash top or a t-shirt.

**Sunscreen** – sunscreen is required for staff and student use. SPF 50+ broad spectrum water resistant sunscreen is to be applied twenty minutes before going outdoors and reapplied every two hours, more frequently if swimming or heavily sweating. It is also important to ensure children have used the same brand of sunscreen prior to commencing care. This will guard against the possibility of an allergic reaction. Parents are encouraged to apply sunscreen to children before attending the service.

Families are to provide sunscreen where children have an allergic reaction. Thrive recommends SPF 50+, however, if families object to the use of sunscreen, a written objection must be supplied by the family.

Staff/Educators must check the expiry date on sunscreen before applying this to children.

**Hats** – all educators, staff and children are required to wear hats which protect the face, neck and ears, and to be worn at all times e.g. legionnaire, broad brimmed or bucket hats. Baseball caps and visors are not recommended as they do not protect ears or the neck. Children without a sun-safe hat or clothing are required to play in areas protected from the sun.

**Sunglasses** – close fitting, wraparound sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged **but optional**.

**Shade** – make sure there is sufficient shade in the outside area, in particular where children gather. Shade options can include a combination of portable, natural or built structures. Staff/Educators should set up activities in shaded areas.

**Babies** – babies are twelve months of age and under are to be kept out of direct sunlight and always well protected with shade, clothing, hats, stroller awnings and small amounts of SPF 30+ sunscreen. However, the widespread regular use of sunscreen is not recommended under 6 months old. A baby's skin is thin and extremely sensitive and can burn easily.

**Travelling** – ensure children sitting near a car window are protected from the sun. Some UV penetrates through glass and significant amounts can be received when sitting near an open window.

**Excursions** – always consider sun safety when planning excursions. Apply sunscreen prior to and during an excursion.

Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.

From September to April: minimise activities in direct sun between 11am and 3pm.

Sun protection practices are required at all times when UV is 3 or above. Where possible, activities are scheduled outside of the peak UV times of the day when the UV radiation levels are at their highest.

### **UV of Below three**

Sun protection isn't required unless they are near areas with highly reflective surfaces i.e. water or snow or outdoors for extended periods.

### **Staff/Educators Work, Health and Safety Practices, Role Modelling and Education**

When the UV level is three or above, staff/Educators need to protect their own skin and eyes by using the combination of measures outlined above, as this is an important work, health and safety practice. Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor activities when the UV is 3 and above.

**Family Communication** – provide families with sun safe information and explain the services practices and requirements in regards to this. Reinforce sun safe measures via newsletters, discussion and notice boards. Respect family's religious and cultural differences. SunSmart policy updates and requirements will be made available to staff, families and visitors.

**Keep Up to Date/Promotion** – as Thrive becomes aware of useful resources, latest research, fact sheets etc. they will forward this information on to its various services.

Thrive actively encourages services to develop ways of maintaining and building their own knowledge base in the area of being SunSmart. Centre Based Services may have a staff member who is interested in driving sun smart practices in their particular service.

Thrive Sun Smart Policy will be submitted for review to the Cancer Council of Tasmania every three years.

These procedures relate to legislation as detailed in the SunSmart Policy.

### **BREACH OF THE PROCEDURE**

Any breach of this procedure may result in disciplinary action including, but not limited to, termination of employment or registration.

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**POLICY VERSION & REVISION INFORMATION:**

Policy Authorised by: General Manager  
Review Date/s:  
Review Date: As required by the GM or as legislation changes

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