

Sun Protection Policy



Policy Relevant to:	All staff, Educators & families
Policy links to:	Sun Protection Procedure
Last Reviewed:	September 2020
Next Review:	September 2023
NQF:	113, 114, 168
NQS:	2.3
National Law:	167

Rationale

Australia has one of the highest rates of skin cancer in the world with two in three Australians developing some form of skin cancer before the age of 70. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. 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).

Purpose

To protect all children, educators and staff from the harmful effects of ultraviolet (UV) radiation from the sun. To ensure the outdoor environment provides shade for children, educators and staff to minimise unsafe UV exposure.

Policy

This policy provides guidelines to:

- Ensure all children, educators and staff are protected from over-exposure to UV radiation.
- Ensure the outdoor environment provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support our service's strategies to meet its duty of care and health and safety obligations to minimise harmful UV exposure for children, educators, staff and visitors.

Some sun exposure is important for vitamin D which is essential for healthy bones, teeth and muscles, and for general health. It is made in your body when your skin is exposed to sun (UV radiation). But too much sun can cause skin and eye damage and, skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Adventure recognises that some children may have medical conditions that require they are exposed to more vitamin D or cultural influences which mean they can be exposed longer to the sun. For example a child of Indian decent does not need to wear a hat if the temperature is below 28 degrees, but this should be UV based. Their needs will be discussed in consultation with their parents.



When is sun protection needed in Tasmania?

From September to April

For the general population, sun protection is required when UV levels reach 3 and above which usually occurs from the beginning of September through to the end of April. This means using a combination of sun protection such as hats, clothing, shade, sunscreen and sunglasses between these months.

From May to August

When average UV levels are below 3, sun protection is not recommended during these months unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods.

In Tasmania a safe dose of sunlight during summer months may be obtained from just a few minutes of incidental sunshine outside peak UV times. During high UV periods, all sun protection strategies will be used, with special care being taken at peak UV times of day.

Adventure Patch encourages our educators and staff to download the, [SunSmart app](#) as a way to check the UV Index when you are out and about.

Sources

Cancer Council of Tasmania
Education and Care Services National Law
Education and Care Services National Regulations

