

Sun Protection Policy



Policy Relevant to:	All staff, Educators & families
Policy links to:	Sun Protection Procedure
Last Reviewed:	September 2021
Next Review:	September 2024
NQF:	100, 113, 114, 168, 168 (2) (a) (ii)
NQS:	2.1, 2.1.1, 2.1.3, 2.2, 2.2.1, 3.1.1
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 not be able to access sun exposure required to help them maintain their vitamin D levels. These groups maybe a risk of vitamin deficiency, may include:

- naturally dark-skinned people who need more UV exposure to produce adequate levels of vitamin D as the pigment in their skin reduces UV penetration
- people who cover their skin for religious or cultural reasons
- infants and babies of vitamin D deficient mothers
- people taking particular medications, or those who have conditions causing poor absorption of calcium and vitamin D



- people who avoid sun exposure because they have previously had skin cancer or are at high risk of skin cancer.

Overexposure to UV is never recommended, even if you have a vitamin D deficiency. People in these groups should consult their doctor for advice. Adventure Patch will discuss children's needs in consultation with their parents.

When is sun protection needed in Tasmania?

From September to end 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 end 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 (early morning or late afternoon).

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.

Cancer Council – Sunsmart Agreement

Policy date: 20/10/2021

Review date: 20/10/2024

Please Note: Cancer Council Tasmania recognises the importance of and encourages regular outdoor play for children. The above recommendations help to ensure this can occur in a safe way.

This information is based on current evidence available at time of review. Last updated: July 2021.

For more information

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w: www.cancertas.org.au/prevent-cancer/sunsmart/

Sources

Cancer Council of Tasmania

Education and Care Services National Law

Education and Care Services National Regulations

