



SUN SAFETY POLICY



Purpose

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 age 70. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Research has indicated that young 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), therefore are at an increased risk of UV damage. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia). Early Childhood Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest. In NT and WA UV ranges from extreme to very high throughout the year.

Scope

To protect all children 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. This policy applies to children, families, staff, management, and visitors of the Service.

Legislative Requirements

Relevant Education and Care Services National Regulations	
Section	Description
167	Protection from harm and hazards
100	Risk assessment must be conducted before excursions
113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures
168 (2)(A)(ii)	Sun Protection

National Quality Standard (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1.1	Fit for Purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for

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		their purpose, including supporting the access of every child
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Implementation

Monitoring UV Levels

To ensure the safety of children, Insight Early Learning will monitor UV levels daily using one or more of the following methods: the SunSmart app available on iTunes App Store and Google Play store, the SunSmart widget on the Service’s website available at www.cancer.org.au, the Bureau of Meteorology website at <http://www.bom.gov.au/>, and www.myuv.com.au.

Outdoor Play

Insight Early Learning will use a combination of sun protection measures for all outdoor activities during the daily local sun protection times, which is when the UV Index is 3 or above. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. The service will provide shade, hats, clothing, and sunscreen during outdoor play activities. The times when UV levels are three and above in each state/territory vary, and the Service will plan outdoor activities during the shaded areas whenever UV levels are high.

Shade

Insight Early Learning will ensure sufficient natural, portable, or man-made shade is provided in high use areas. Shaded areas will be used for play experiences, and regular risk assessments and reviews will be conducted of the outdoor area to assist in planning for further shade requirements. Children will still be required to wear hats, protective clothing, and sunscreen when playing under natural or portable shade.

Hats

Educators, children, and visitors are required to wear sun safe hats at all times they are outdoors. The service provides hats that protect a person's face, neck, and ears, such as a legionnaire hat, a bucket hat, or a broad-brimmed hat. Baseball caps or visors are not recommended. Children without a sun safe hat will be required to play in an area protected from the sun.

Clothing

When outdoors, staff and children will wear sun safe clothing that covers as much of the skin as possible. Midriff, crop, or singlet tops are not recommended. Children who are not wearing sun safe clothing can be provided with spare clothing or will be required to play under shade or in an area protected from the sun.

Sunscreen

Staff and children will apply SPF30 or higher broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours or more frequently if washed or wiped off. If children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade. Children from three years of age are given opportunities to apply their own sunscreen under staff supervision. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Babies

Babies under 12 months will not be exposed to direct sun when the UV Index levels are 3 or above. Physical protection such as shade positioning, clothing, and broad-brimmed hats are the best sun protection measures.

Using and Promoting Shade

To prevent overexposure to extreme heat, children and educators should have access to shaded areas when spending time outdoors. The Approved Provider, Nominated Supervisor, and educators will ensure that shaded areas are used for outdoor activities during the hottest parts of the day or year. Shaded areas should also be used when outdoor

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activities are scheduled between 11 am to 3 pm, which is considered the heat risk period. Access to indoor or covered areas should be provided to children and educators in extreme heat conditions.

Sunglasses

The use of sunglasses is encouraged to protect the eyes from harmful UV rays. Educators and staff members should wear sunglasses that meet the Australian Standard 1067:2003. While sunglasses are optional, their use is highly recommended.

Shoes

Children should wear shoes when playing in the outdoor area. They may remove shoes when playing in sand or mud pits, but they should wear shoes at all other times to prevent burns from hot equipment and surfaces.

Risks of Summer Play

Insight Early Learning acknowledges that hot equipment, surfaces, sunburn, and access to bodies of water can be potential hazards during summer months that could cause harm or injury to children. The service will conduct daily playground surface temperature checks during extreme hot weather and permit children to play on equipment or in the outdoor space only if the surface temperature is below 50°C. Educators will monitor children and stop a child's participation if they become distressed from the heat during outdoor physical activities.

Surface Temperature Checks

During extreme hot weather, the Approved Provider, Nominated Supervisor, and educators will complete a daily playground surface temperature check. A thermometer or their hand can be used to test surface temperature, and an informed decision should be made about permitting children to play on equipment or in the outdoor space. If the surface temperature is determined to be too hot or is recorded as at or above 50°C, children should not play on the surface.

Role Modelling and Work Health and Safety

All educators and staff at the Service will role model appropriate sun protection behaviours to promote sun safety to children. Families and visitors are encouraged to role model positive sun-safe behaviour.

Education and Information

Sun protection information will be promoted to staff, families, and visitors, and sun protection will be incorporated regularly into learning programs. Insight Early Learning will make the Sun Safety Policy available to all educators, staff, families, and visitors to ensure a comprehensive understanding about keeping sun safe. The service will actively promote sun safety to parents, visitors, and the wider community through newsletters, posters, and social media. This will include reminders about the importance of sun protection during outdoor activities and events.

Sun Safety Training

The service will provide training to all staff and educators on sun safety practices, including the correct application of sunscreen, the importance of sun-safe clothing, the risks of sunburn and skin cancer, and how to monitor UV levels.

Parental Consent

The service will seek parental consent to apply sunscreen to their child's skin. Parents will also be informed about the service's sun safety policy and encouraged to provide sun-safe clothing and hats for their child.

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

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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

Source

Australian Children’s Education & Care Quality Authority. (2014).
 Australian Government Department of Education, Skills and Employment. (2009) Belonging, Being and Becoming: The Early Years Learning Framework for Australia.
 Australian Professional Standards for Teachers (APST)- Standard 4.4 and 7.2
 ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
 Bureau of meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>
 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)
 Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
 Guide to the National Quality Standard. (2017).
 Kidsafe NSW Playground Safety .(2020).
 Occupational Health and Safety Act 2004
 Revised National Quality Standard. (2020).
 Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019).

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