

UV (Sun) Protection Policy

Policy Statement

The Y Canberra Region is committed to the education, promotion and practice of positive sun protection through the implementation of SunSmart behaviours across all Y services and programs. This is to protect the health and safety of Y People, volunteers and participants from the long term harmful effects associated with over-exposure to solar ultraviolet radiation (UVR).

Cancer Council recommends workplaces where participants are outdoors should have a comprehensive sun protection program in place that is implemented annually from 1st August through to 31st May when UV levels reach 3 and above- strong enough to damage unprotected skin.

Sun protection is not generally recommended during June and July as UV levels are low (under 3) and reasonable sun exposure during these months assists to reduce the risk of vitamin D deficiency. The Y Canberra Region UV sun protection policy is to be implemented by all Y People in accordance with Cancer Council recommendations.

The eligible Y Canberra Region Children Services programs will participate in Cancer Council National SunSmart Early Childhood Program and their individual SunSmart status will be displayed. As a member of the program this policy will be submitted and reviewed by Cancer Council every 3 years, it will be updated, if required, to maintain minimal Sun Smart standards for early childhood settings.

Objectives

- To protect Y People, children, young people and participants from over-exposure to UVR as far as is reasonably practicable.
 - To ensure SunSmart behaviours are implemented across all Y Canberra Region services when UV levels reach 3 and above.
 - To educate Y People, children, young people and participants about the importance of Sun Smart behaviours.
 - To have Y People role model SunSmart behaviours.

Procedures

- Implementing a uniform policy, Y People are required under WH&S to wear sun protection hats and clothing that covers as much skin as possible, have access to sunscreen and wear sunglasses when outdoors.
- SPF30+ broad spectrum, water resistant sunscreen will be provided for use during outdoor experiences.
- When planning outdoor play, excursions and events SunSmart behaviours will be considered, and well shaded areas will be used.
 - Where practical outdoor play, events/excursions should be minimized between 11am and 3pm during summer/daylight savings.
 - The Y Canberra Region eligible services will be members of Cancer Council SunSmart Early Childhood Program and recognised with a national SunSmart status.
 - The Y Canberra Region services will display the daily UV index for the purpose of raising awareness amongst our community. This is to be accessed from SunSmart App, <https://www.myuv.com.au/> or <https://www.arpansa.gov.au/>

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Ref #	Owner	Internal/External	Approved	Last Amended	Status
R002	Risk Senior Manager	Internal	Dec 2020	September 2024	APPROVED

Additional Actions Specific to Y Canberra Region Children's Services

- Children / Young People and Y People are required to wear sunhats when UV levels reach 3 and above. Recommended sunhats include broad-brimmed, legionnaire and buckets style.
- Children / Young People and Y People are recommended to wear sun protective clothing i.e. shirts with a collar and min elbow length sleeves, long shorts or skirts etc
- Children / Young People without an appropriate hat or clothing will be directed to play in a well shaded area or required to remain inside
 - SPF30+ broad spectrum, water resistant sunscreen will be provided for Y People and Children / Young People to use and will also be encouraged to bring their own sunscreen from home and label with the child's name.
 - Sunscreen will be applied 20 minutes before going outside and will be re-applied every 2 hours when outside.
 - Children / Young People should apply sunscreen between August and May as part of their early morning routine.
 - Children will be encouraged to use available areas of shade for outdoor experiences.
 - Y People will be required to act as role models by practicing sun smart behaviours.
 - Parents / Guardians and participants of the service will be requested to act as role models by practicing sun smart behaviours.
- Sunglasses for children will be encouraged. A close-fitting wrap-around style will offer the best protection. (AS 1067)
 - Infants under 12 months old will not be exposed to direct sunlight.
 - The widespread use of sunscreen on infants under six months is not generally recommended as infants have very sensitive skin which may be more likely to have a reaction.
 - For infants older than six months, sunscreen should only be used as the last resort after avoiding direct sunlight. Sunscreen will only be applied where necessary when direct UV exposure is unavoidable.

Communication

- This UV (Sun) Protection policy is available at services for parents / guardians and is regularly discussed with children.
 - Parents / Guardians can access a current version of this policy anytime via <https://canberra.ymca.org.au/>
- Y People can access a current version of this policy anytime via EXTRANET, website and physical files.
 - Regularly reinforce SunSmart behaviour in a positive way through correspondence with parents / guardians, via the notice board and displays, and through children, young people and Y People experiences.
 - Ensure information about the UV (sun) Protection policy is included in family handbook and other documentation provided to parents / guardians.

Environment

- Outdoor experiences will be organised in well shaded areas whenever possible. All Y Canberra Region services will work toward increasing the quality and availability of shade if necessary.

Education & Professional Learning

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- Experiences that focus on sun protection will be incorporated in learning outcomes and programming for children and young people.
- Y People and parents / guardians will be encouraged to access daily sun protection UV ratings via the SunSmart app or <https://www.myuv.com.au/>.
- Y People can access free SunSmart resources from Cancer Council website.

Work Health and Safety (WH&S).

- Y People are aware of their WH&S responsibilities and duty of care to protect themselves from occupational UV exposure.
- All workers will wear clothing that covers as much skin as possible and a hat when working outdoors. Workers have access to sunscreen and shade.

Related Policies

Child Health and Wellbeing
 Supervision
 Uniform and Clothing
 Work, Health and Safety

Standards & Legislation

Work Health and Safety ACT 2011

References

Policy developed & reviewed with assistance of Cancer Council ACT

<http://www.actcancer.org>

Cancer Council ACT, <https://actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-early-childhood-program/>

Accessed October 2020

ACT Health, 2011, BeSun Smart, Play SunSmart – Early Childhood Resource Cancer Council
 Australian Bureau of Meteorology,

We respect and support the diverse needs of all children and young people including those who are Aboriginal and Torres Strait Islander, are from culturally and/or linguistically diverse backgrounds (CALD), have a disability or identify as Lesbian, Gay, Bisexual, Transsexual, Queer, Intersex or Asexual (LGBTQIA+). Children and young people's ideas and responses to diversity are influenced by what they see and hear around them. This is why we ensure diversity and inclusion is reflected in everything we do at the Y.

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