



Sun Safe Policy

At Birra-Li we aim to ensure that all children, employees and visitors attending the service are protected from skin and eye damage caused by harmful ultraviolet radiation (UVR) from the sun.

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).

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 their purpose, including supporting the access of every child.

Education and Care Services National Law and National Regulations:

S. 167	Offence relating to protection of children from harm and hazard
100	Risk assessment must be conducted before excursions
114	Outdoor space shade

136	First aid qualifications
168	Education and care service must have policies and procedures
168 (2)(a)(ii)	Sun Protection
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

Related policies:

Administration of First Aid Policy	Incursion, Excursion and Transport Policy
Clothing Policy	Health and Safety Policy
Emergency Evacuation Policy	Supervision Policy
Enrolment Policy	Water Safety Policy

Purpose:

By implementing a *Sun Safe Policy*, we can help protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun and teach children sun protection habits from an early age to reduce their risk of skin cancer. To ensure the outdoor environment provides shade for children, educators and staff to minimise UV exposure.

Scope:

This policy applies to children, families, staff, educators, management, nominated supervisor, students, visitors and visitors of Birra-Li.

Implementation:

Birra-Li will work in compliance with the National SunSmart Early Childhood Program to ensure children's health and safety is maintained at all times whilst at the Service. This policy applies to all activities on and off site.

Monitoring sun protection times:

Sun protection is required when UV levels reach level 3 or above. Our Service will monitor sun protection times daily through one or more of the following methods:

- using the [SunSmart global UV app](#)
- using the SunSmart widget on the Service's website available at www.cancer.org.au

- viewing the Bureau of Meteorology website <http://www.bom.gov.au/>
- visiting www.myuv.com.au

Outdoor activities:

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times, 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. At these levels, a combination of sun protection is recommended for all skin types.

Birra-Li will use a combination of sun protection measures (see below) **whenever the UV index levels reach 3 and above**. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

We will follow the advice from the Cancer Council and if recommended, cease outdoor play if UV levels reach certain levels - usually 8.

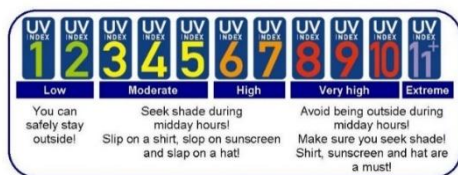


Chart sourced from: <https://www.generationsunsmart.com.au/myth-busted-ceasing-play-when-the-uv-is-high/> (2023).

Shade:

Management will ensure:

- Sufficient natural, portable, or man-made shade is provided, particularly in high use areas.
- Shaded areas will be used for play experiences.
- Play experiences will be monitored throughout the day and moved as required to remain in the shade.
- Regular risk assessments and reviews will be made of the outdoor area to assist in planning for further shade requirements.
- Children who do not have appropriate hats or outdoor clothing are required to choose a shady play space or a suitable area protected from the sun.
- 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. Cancer Council Australia describes sun safe hats as:

- Hats that protect a person's face, neck, and ears, which include:
 - A legionnaire hat – the flap should cover the neck
 - A bucket hat with a deep crown and brim size of at least 5cm for children and at least 6cm for adults and must shade the face, neck, and ears.
 - A broad brimmed hat with a brim size of at least 6cm for children or 7.5cm for adults. The brim should provide shade for the whole face.
- Children without a sun safe hat will be offered a spare hat. If the child chooses not to wear the spare hat, then they 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. Cancer Council Australia recommends clothing that:
 - Covers the shoulders, back and stomach.
 - Is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts and trousers.
- 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:

As per Cancer Council Australia recommendations:

- Staff and children will apply SPF50 broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours or more frequently if washed or wiped off.
- Permission to apply sunscreen is included in the Service enrolment form.
- Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child will be required to play in the shade. A record of any allergy must be provided in writing from the parent/guardian and recorded on the child's enrolment record. Cancer Council Australia recommends usage tests before applying a new sunscreen.

- To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of staff, and are encouraged to do so.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Sun protection for Babies:

Recommendations for babies from the Cancer Council Australia include:

- Babies under 12 months will not be exposed to direct sun when the UV Index levels is 3 or above.
- Ensure routine includes inside activities during the middle of the day.
- Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures.
- Check the baby's clothing, hat and shade positioning regularly to ensure protection from UV.

If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen is only needed occasionally on very small areas of a baby's skin.

The Nominated Supervisor, management and educators will:

- Ensure new employees, students and volunteers are provided with a copy of the *Sun Safe Policy and Procedure* as part of their induction.
- Ensure risk assessments are conducted to identify any potential hazards to children during summer months that could cause harm or injury to children. Risk minimisation control measures will be put in place to protect children.
- Use their hand to test surface temperature and make an informed decision about permitting children to play on equipment or in the outdoor space. If the surface temperature is determined to be too hot it is recommended by Kidsafe Australia that children do NOT play on the surface.
- Ensure children wear shoes when playing in the outdoor area during hot weather.
- Ensure children have access to water at all times throughout the day and offer extra feeds/drinks to babies during hot weather to avoid dehydration.

Role modelling and work health and safety:

Cancer Council Australia acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. Occupational UV exposure is also a WH&S issue. All educators and staff at the Service will therefore be required to role model appropriate sun protection.

Education and information:

- Educators and staff complete Sun Smart training every 3 years.
- Further information is available from the Cancer Council website.
- The *Sun Safe Policy* will be made available to all educators, staff, families, and visitors of the Service to ensure a comprehensive understanding about keeping sun safe.
- When enrolling their child/ren to our Service, parents will be required to give permission for educators to apply sunscreen to their child.
- Information about Sun Safety will be included in our Birra-Li Parent Handbook.

Continuous improvement:

The *Sun Safe Policy* will be updated every 18 months in consultation with families, staff and management.

Sources:

Australian Children's Education & Care Quality Authority. (2025). [*Guide to the National Quality Framework*](#)

Australian Children's Education & Care Quality Authority. (2021). [*Sun Protection- Policy Guidelines*](#)

Australian Government Department of Education. [*Belonging, Being and Becoming: The Early Years Learning Framework for Australia*](#). V2.0, 2022

Australian Government. Bureau of Meteorology. Home page (for UV Index): <http://www.bom.gov.au/uv/>

Australian Government. Bureau of Meteorology. <http://www.bom.gov.au/weather-services/severe-weather-knowledge-centre/warnings.shtml>

Cancer Council Australia. Be SunSmart. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>

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 2023).

[*Education and Care Services National Regulations*](#). (Amended 2023)

Occupational Health and Safety Act 2004

Safe Work Australia: [*Guide on exposure to solar ultraviolet radiation \(UVR\) \(2019\)*](#).

Western Australian Legislation Education and Care Services National Law (WA) Act 2012

Western Australian Legislation Education and Care Services National Regulations (WA) Act 2012

Review:

Date Reviewed	Modifications	Next Policy Review Date
March 2018 June 2019 March 2021 January 2023 September 2023		September 2019 January 2021 September 2022 July 2024 March 2025
February 2025	Revised content within policy.	August 2026
October 2025	Reviewed and updated by Cancer Council nationally. Revised content within policy. Sun protection for babies section updated.	April 2027