

Sun Protection Policy

Policy Statement

The YMCA of Canberra is committed to the education, promotion and practice of positive sun protection through the implementation of sun smart behaviours across all YMCA services and programs. This is to protect the health and safety of staff, volunteers and customers from the long term harmful effects associated with over-exposure to solar ultraviolet radiation (UVR). The Cancer Council recommends all outdoor workplaces have a comprehensive sun 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 in the ACT is not recommended during June and July as UV levels are low and reasonable sun exposure during these months assists to reduce the risk of vitamin D deficiency in the ACT region.

The YMCA sun protection policy is to be implemented by all YMCA staff and volunteers in accordance with the Cancer Council recommendation.

YMCA early learning centres will participate in the ACT Cancer Councils National SunSmart Early Childhood Program and their SunSmart status will be displayed within the centre.

Objectives

- To protect staff, volunteers, customers and clients from over- exposure to UVR as so far as is practicable.
- To ensure sun smart behaviours are implemented across all YMCA programs and services.
- To educate staff, volunteers, families and customers about the importance of sun smart behaviours.
- To have YMCA staff role model sun smart behaviours.

Procedures

- Implementing a uniform policy for staff in which all staff are required to wear hats and sun protective clothing, sunscreen and sunglasses when outdoors.
- SPF30+ broad spectrum, water resistant sunscreen will be provided for use during outdoor activities.
- When planning outdoor play, excursions and events sun smart behaviours will be considered and where possible well shaded areas will be used.
- Where practical outdoor play, events/excursions will be minimised between 10am and 2pm (11am and 3pm during daylight savings).
- YMCA Early Childhood programs will be registered with the Cancer Council ACT's SunSmart Early Childhood Program as SunSmart centres.
- YMCA centres will be requested to post the daily UV index in their centres for the purpose of raising awareness amongst our community. This is to be accessed from <http://www.bom.gov.au/nsw/uv/canberra.shtml>

Additional Actions Specific to YMCA Children's Services

- Children and staff are required to wear sunhats when UV levels reach 3 and above. Recommended sunhats include broad-brimmed, legionnaire and buckets style.
- Children and staff are requested to wear sun protective clothing i.e. shirts with a collar and elbow length sleeves, long shorts or skirts etc

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- Children 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 the staff and children to use and children will also be encouraged to bring their own sunscreen from home.
- The application of sunscreen 20 minutes before going outside will be requested and children will be requested to re-apply every 2 hours when outside. Staff will perform re-application in the case of babies and assist with young children.
- Children will be encouraged to use available areas of shade for outdoor activities.
- Staff will be required to act as role models by practicing sun smart behaviours.
- Parents and visitors to the centre 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 best protection. (AS 1067)
- Babies under 12 months old will not be exposed to direct sunlight. Sunscreen will be applied where necessary to exposed skin not already protected by clothing or hats.

Communication

- Display the Sun protection policy at licensed services for parents, and discuss it with the children.
- Regularly reinforce Sun Smart behaviour in a positive way through correspondence with parents, via the notice board and displays, and through children and staff activities.
- Ensure information about the sun protection policy is included in family handbooks and other documentation sent to parents.

Environment

- Outdoor activities will be organised to be held in well shaded areas whenever possible. YMCA centres will work toward increasing the quality and availability of shade if necessary.

Education

- Experiences that focus on sun protection will be incorporated in programming.
- Staff and parents will be encouraged to access the Daily SunSmart UV Alert at <http://www.bom.gov.au/nsw/uv/canberra.shtml>

Related Policies

Curriculum
Duty of Care
Child Health and Wellbeing
Supervision

Standards & Legislation

Work Health and Safety ACT 2011

References

Policy developed with assistance of The ACT Cancer Council
<http://www.actcancer.org>
ACT Cancer Council, <http://www.actcancer.org/sun-smart/childcare.aspx>
Accessed January 2014
ACT Health, 2011, Be Sun Smart, Play Sun Smart – Early Childhood Resource Cancer Council

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Australian Bureau of Meteorology, <http://www.bom.gov.au/nsw/uv/canberra.shtml>
Accessed January 2014

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