Sun protection benchmarks

Healthy policies

1. A whole service sun protection policy which supports healthy UV exposure practices is in place.
   a) The policy addresses healthy UV exposure to balance minimising skin and eye damage, sunburn and skin cancer risk with vitamin D requirements using a combination of sun protection measures.
   b) Educators, staff and families are involved in guiding healthy sun protection policy and practices.
   c) Educators, staff and families are provided with information about policy requirements.
   d) The diversity of the service and the community is considered when developing and implementing this policy.
   e) The policy aligns with the service’s statement of philosophy and is cross referenced with other relevant policies (e.g. physical activity).
   f) The policy can be stand alone or incorporated into a whole service health and wellbeing policy.

2. The service has a staff health and wellbeing policy which supports healthy UV exposure practices.

Healthy physical environment

3. Sufficient shade is available in outdoor areas.
   a) The service ensures there is a sufficient number of trees and shelters providing shade in outdoor areas.
   b) Availability of shade is considered when planning all outdoor activities, on and off site.
   c) A shade audit is conducted regularly to determine current availability and quality of shade.

4. SPF 50+ broad spectrum, water resistant sunscreen is available for all children and staff.
   a) Sunscreen is supplied by the service and/or parents.
Healthy social environment

5. Children are encouraged to use a combination of sun protection measures when outdoors during September–April, and whenever UV levels reach 3 and above.
   a) Children are required to wear hats that protect their face, neck and ears.
   b) Children are required to wear loose fitting clothing made from cool, densely woven fabric which covers as much skin as possible.
   c) Children are encouraged to apply SPF 50+ broad spectrum sunscreen.
   d) With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements however eye protection is still required.
   e) Where practical, children are encouraged to wear close fitting, wrap-around sunglasses that meet the Australia Standard 1067 (sunglasses: category 2, 3 or 4) and cover as much of the eye area as possible.

6. Staff and families recognise they are role models and are encouraged to use a combination of sun protection measures in line with the service’s sun protection policy.
   a) When outdoors during September–April and whenever UV levels reach 3 and above staff and families are encouraged to:
      • wear sun protective hats, clothing and sunglasses
      • apply SPF 50+ broad spectrum, water resistant sunscreen
      • seek shade whenever possible.

Learning and skills

7. Sun protection and vitamin D education and related health messages are incorporated into the curriculum.
   a) Sun protection and vitamin D messages and strategies are reinforced in opportunistic learning moments.

8. Educators are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection and vitamin D across the curriculum.

Engaging children, young people, staff and families

9. Families, children, educators and staff are key partners in developing and supporting sun protection and vitamin D initiatives.
   a) Families, educators and staff are provided with information, ideas and practical strategies on a regular basis to support healthy UV exposure in the service and at home.
   b) The service engages children in sun protection and vitamin D initiatives.
   c) The service draws on families’ experiences and expertise to support sun protection and vitamin D initiatives.
   d) Educators and staff are encouraged to develop competencies to facilitate engagement of families and children from diverse cultural backgrounds.

Community partnerships

10. Educators and staff are encouraged to work with local health professionals, services and other organisations to increase their capacity to deliver and promote sun protection and vitamin D initiatives.
    a) Links are established with local health professionals, services and organisations to support sun protection and vitamin D initiatives.
    b) Families and staff are encouraged to access the SunSmart UV Alert to find out daily local sun protection times.
    c) Partner organisations comply with sun protection measures identified in the service sun protection policy at outdoor service events on and off site.