

# Sunsmart Policy

## Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before the age of 70.

Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Children's Centres are ideally placed to help reduce the incidence of skin cancer by the promotion of safe practices and choices regarding exposure to UV sunrays.

Whilst the Cancer Council recommends it is not necessary to wear hats and sunscreen when the UV is below 3 (May – July inclusive), children and adults at Centre will be encouraged to wear an appropriate sun hat year round.

If you are concerned about vitamin D levels in your child, please contact your local doctor.

## DOCUMENT CONTROL

<b><u>Managed by:</u></b> Director of Parafield Gardens Children's Centre	<b><u>Approved by:</u></b> Governing Council	
Community Development Coordinator of Parafield Gardens Children's Centre	<b><u>Date approved:</u></b> Sept 2012	
	<b><u>Review Date:</u></b> 8-Dec- 2016	
	<b><u>Next review:</u></b> Term 1 - 2018	

Ratified by Governing Council on September 2012

## **1.0 TITLE**

Sun Policy

## **2.0 PURPOSE**

The SunSmart Early Childhood Program was set up by the state based Cancer Councils to help child care providers devise and implement sun safe policies.

The program can also help child care providers bring out-of-date sun protection policies up-to-date with current recommendations.

## **3.0 SCOPE**

The SunSmart Program was designed for all child care providers including family day carers, long day care centres, occasional care centres, preschools, work based services and mobile services and hundreds of providers across the country have already signed up.

## **4.0 OBJECTIVES**

1. To ensure that all children, staff and families are protected from skin damage caused by harmful Ultra Violet Sunrays (UVR).
2. To raise awareness and promote positive attitudes towards skin protection with children, staff and families.
3. To promote lifestyle practices that help reduce the incidence of skin damage.
4. To ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes.
5. To promote personal responsibility and decision making about skin protection

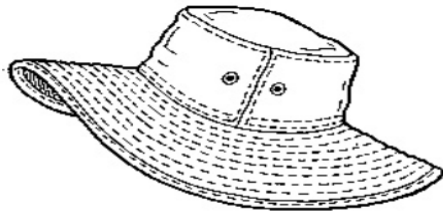
## 5.0 POLICY DETAILS

### Strategies for minimising UV exposure:

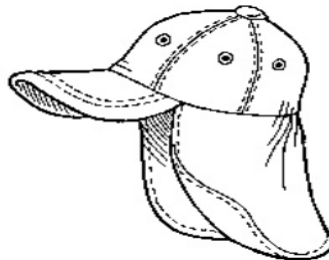
#### 5.1 Hats and clothing

1. All children and staff must wear a hat outside during term 1, 3 and 4 and will be encouraged to do so during term 2. A broad brimmed, legionnaire **hat** or bucket hat is required.

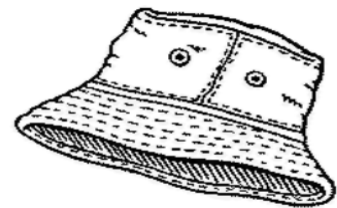
Broad brimmed hat



Legionnaire hat



Bucket hat



#### Acceptable hats as recommended by the Cancer Council

2. Children who are not wearing the appropriate hat will be unable to play outdoors during the high risk months (August -April 30)
3. Additionally parents are encouraged to dress their children in appropriate protective clothing – e.g. Tops/Dresses with longer style sleeves and longer style shorts, dresses and skirts.

#### 5.2 Sunscreen

1. Parents are encouraged to apply SPF30+ or higher, broad spectrum, water resistant sunscreen shortly before arrival at the Centre.
2. SPF 30+ or higher broad spectrum, water resistant **sunscreen** will be reapplied at 11.00am and again after lunchtime during term 1,3 and 4 when the UV is 3 and above.
3. Preschool children will be encouraged to apply their own **sunscreen** with adult supervision to ensure that they are fully protected.

#### 5.3 Role modelling, WHS and sharing policy

1. On enrolment /registration parents will be advised of the sun protection policy and a permission to apply sunscreen form with their child completed.

2. The Centre will incorporate sun and skin awareness activities into programs. Sunsmart behaviour is regularly reinforced and promoted to the community (eg via newsletters)
3. Staff will model positive skin protection behaviour, by wearing sun protective hats, clothing, sunglasses, sunscreen and seeking shade for outdoor experiences. We encourage all parents and adults to do the same when outside.

#### **5.4 Shade and scheduling**

1. The Governing Council has a commitment to ensuring that we meet the Cancer Council SA Guidelines on providing adequate shade in our yard and learning experiences are offered in these shaded areas. Children are encouraged to play in the shaded areas.
2. Where possible, outdoor activities are rescheduled for earlier in the day to avoid the peak UV times, or are set up in shaded areas.

### **6.0 MONITORING, EVALUATION AND REVIEW**

Oversight	:	Director of Children's Centre
Implementation	:	All programme Leader
Monitoring	:	Children's Centre Leadership Group

### **7.0. ASSOCIATED DOCUMENTS**

Supporting documents  
Cancer Council Australia

Acknowledgements  
LeFevre Kindergarten  
IINIdoChildren's Centre  
Mawson Lakes Preschool

Policy Implementation – September 2012  
Policy review – December 2106  
For additional information, please visit:

<http://cancer.org.au/>

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Policy Implementation – September 2012  
Policy ratified - December, 2016