

Sun Protection 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.

Preschool and occasional care are ideally placed to help reduce the incidence of skin cancer by the promotion of safe practices and choices regarding exposure to UV sunrays.

In South Australia the UV index is generally 3 and above from 1 August to 30 September. Sun protection is used at the centre in terms 1, 3 and 4 and whenever the UV rating is 3 or higher outside these times. Staff, children and visitors will wear an appropriate hat and use sunscreen. If you are concerned about vitamin D levels in your child, please contact your local doctor.

Managed By: Director of Parafield Gardens Children's Centre	Approved By: Jenny Fox
Contact position: Chairperson	Approved By: Ellie Harati
Date of approval:	9 December 2022
Date of Review:	November 2024

Legislation

This policy relates to the following National Law and Regulations:

- Education and Care National Law Act 2010
 - Section 167 – Protection from harm and hazards
- Education and Care Services National Regulations 2011
 - Regulation 100 – Risk assessment must be conducted before excursion
 - Regulation 113 – Outdoor space–natural environment

1.0 TITLE

Sun Protection Policy

2.0 PURPOSE

- To minimise children's exposure to harmful UV radiation.
- To educate both children and parents/guardians about sun protection
- To ensure there is a duty of care in relation to sun safety to the children in care as well as to staff, parents and visitors at the centre.

3.0 SCOPE

The SunSmart Program was designed for early childhood services across the country.

This policy applies to all those working on the site including students, volunteers and parents/guardians of children at the centre as well as any facilitated program provider by a service at Parafield Gardens Children's Centre.

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4.0 OBJECTIVES

- To ensure that all children, staff and families are protected from skin damage caused by harmful Ultraviolet Sunrays (UVR).
- To raise awareness and promote positive attitudes towards skin protection with children, staff and families.
- To promote lifestyle practices that help reduce the incidence of skin damage.
- To ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes.
- To promote personal responsibility and decision making about skin protection
- Encourage children and staff to use a combination of sun protection measures whenever **UV radiation is 3 and above in term 1,3 and 4.**

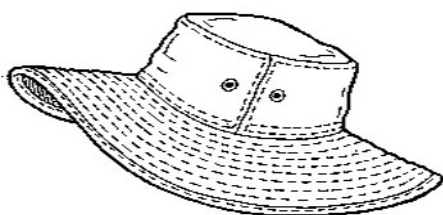
5.0 POLICY DETAILS

Strategies for minimising UV exposure:

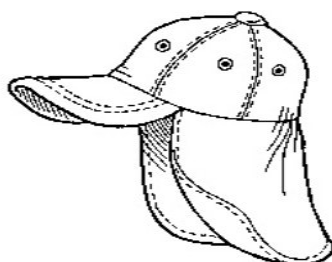
a. Hats and clothing

- i. 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 with no cord attached..

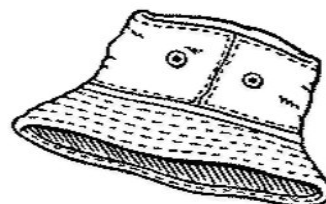
Broad brimmed hat



Legionnaire hat



Bucket hat



Acceptable hats as recommended by the Cancer Council

Parents are responsible to ensure children are dressed in appropriate protective clothing – e.g., Tops/dresses with longer style sleeves and longer style shorts, dresses and skirts, and clothing that is suitable for the weather.

b. Sunscreen

- i. Parents are responsible for applying SPF30+ or higher, broad-spectrum, water-resistant sunscreen shortly before arrival at the Centre.
- ii. SPF 30+ or higher broad-spectrum, water-resistant **sunscreen** will be reapplied at least 20 minutes prior to any outdoor activities during term 1,3 and 4 when the UV is 3 and above.
- iii. Preschool children will be encouraged to apply their own **sunscreen** with adult supervision to ensure that they are fully protected, and they start taking responsibility of their own health and wellbeing.

c. Role modelling, WHS and sharing policy

- i. On enrolment /registration parents will be advised of the sun protection policy and a permission to apply sunscreen form with their child completed.
- ii. The Centre will incorporate sun and skin awareness activities into programs. SunSmart behaviour is regularly reinforced and promoted to the community (e.g., via phone, in person or through a note)

- iii. Staff will model positive skin protection behaviour, by wearing sun protective hats, clothing and sunscreen and seeking shade for outdoor experiences. Parents/visitors should also have sun protection when on site.
- iv. Parents will be asked to provide a suitable hat and suitable outdoor clothing that is cool and covers as much skin as possible (i.e., covering shoulders, chest, upper arms, and legs). Sleeveless tops are not permitted.
- v. Caps and hoods are not a suitable form of sun protection in the centre.
- vi. If the temperature is 36 degrees or above the children will discontinue outdoor activities. This is consistent with the campus school policy. Children's centre staff will make changes to the program and routines during hot weather in accordance with children's needs, so they may choose an indoors program at temperatures below 36 degrees.

6.0 SHADE

- i. The centre 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.
- ii. Where possible, outdoor activities are rescheduled for earlier in the day to avoid the peak UV times or are set up in shaded areas.
- iii. Children who do not have appropriate hats will be required to play in shade or a suitable area protected from sun.
- iv. Staff will assess where shade falls and plan accordingly and may use portable shade options on occasions
- v. A shade audit will be conducted annually, and plans developed to improve shade where necessary.

7.0 VITAMIN D

- Sun protection is not necessary in term 2, when the UV is below 3. During these times staff and children are encouraged to go outdoors without sun protection for vitamin D. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency

8.0 BABIES

- Children under 12 months of age are not to be exposed to direct sunlight when the UV index is 3 or above. Babies are kept covered using clothing, hats and wraps.
- Preschool programs where young babies are attending, are kept inside by the program facilitators as needed.
- Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants 6 months and older.

9.0 WATER

- Children have their own water bottles which are easily refilled via accessible taps and adult support is provided as needed.

10.0 EXCURSIONS

- Sun protection will be considered when excursions are planned with consideration given to time of day and availability of shade.
- Children will wear hats, if necessary, when visiting the campus school.
- When possible, children will walk through the campus school to go to the library etc. to minimise the use of taking hats.

11.0 OTHER INFORMATION

- The Centre will monitor community groups on site in relation to sun safety procedures and provide information when necessary. All community groups and staff running groups through the Department for Education, other government departments or other organisations must also comply with this policy and ensure any visitors of groups comply.

This policy must be consistent with the Cancer Council SunSmart early childhood guidelines and if there is an omission or discrepancy in this policy, then the above guidelines should be followed. The centre should review the SunSmart guidelines annually to review any changes and adapt the policy accordingly. The guidelines also provide more information on how the Sun Smart policy connects to the Early Years Framework and National Standards and Regulations. The guidelines should be attached to this policy in the Policy Folder.

This policy was reviewed in consultation with the Cancel Council and approved by the Cancel Council.

For additional information visit: <http://cancer.org>

