

SUN PROTECTION POLICY

Objective: To provide the highest level of sun protection to children attending HCCC

Skin damage, including skin cancer is the result of cumulative exposure to the sun. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

At Hawthorn Child Care Centre we are committed to reducing the risk of skin cancer of children and adults at our Centre. We can do this by protecting them from overexposure to ultraviolet (UV) radiation, teaching sun protective behaviours and role modelling.

In line with DECD and Cancer Council SA guidelines, and our SunSmart status, the following procedures are in place from 1st August to 30th April, and when the UV Index is 3 and above at other times. To assist with the implementation of this policy, staff are encouraged to access the daily sun protection times via the free SunSmart app, www.myuv.com.au or www.bom.gov.au.

- Children and staff are to wear sun protective hats when playing outside. The centre enforces a 'No hat – Shaded Play only'. The hats that are allowed include; broad brimmed hats, legionnaire hats, bucket hats with a deep crown and brim width of 5cm, these hats will cover most of the children's face, neck and ears. (No baseball caps). Visitors and parents who participate in outdoor activities with children will also be encouraged to wear appropriate head wear.
- Parents are asked to apply sunscreen to children before they arrive. Staff are to re-apply SPF 30 or higher broad spectrum, water resistant sunscreen to the children. Children are encouraged to apply the sunscreen themselves, and will be assisted where required. Sunscreen must be applied 20 before going outside and re applied every two hours if will be out for an extended period.
- Parents are encouraged to dress their children in appropriate protective clothing (with collars, longer sleeves, shorts and skirts, covering as much skin as possible), no singlets or midriff clothing. Children without sun protective clothing will be required to play in areas protected from the sun. Staff will role model sun protective behaviours by wearing appropriate hats, clothing and seeking shade when outdoors.
- During peak UV radiation times, the children are to play indoors or utilise shaded play spaces.
- Parents will be provided with up-to-date information about skin cancer and sun protection.
- This sun protection policy will be annually reviewed or if there are changes to DECD and Cancer Council SA guidelines.
- Babies under the age of 12 months will be kept out of the direct sun. Infants should be protected by using shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats.
- Sun protection information is provided throughout the programmes for the children and in the newsletters and posters on display.
- Whilst outside staff are to use the available areas of shade for activities as much as possible, and wear a sun protective hat and clothing.
- SunSmart behaviour is regularly reinforced and will be regularly promoted to the whole community, families and staff members ie. newsletters, emails etc.
- Too little UV radiation from the sun can lead to low vitamin D levels, which is important for healthy bones and muscles and general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Review date: February 2018 Next Review Date: February 2019

Endorsed by Cancer Council SA

Policy was reviewed and updated to change the wording of 'no hat no play' as this makes it sound that the children's right to play is taken away when they don't have a hat on.