

Sun Protection



Policy Objective

To provide the highest level of sun protection to children attending Hawthorn Child Care Centre.

Implementation

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 in children, and later as adults, at our Centre. We do this by protecting children from overexposure to ultraviolet (UV) radiation, teaching sun protective behaviours, and role modelling appropriate behaviours.

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.

In line with Cancer Council SA guidelines, and our SunSmart status, the following procedures are in place from the 1st August to the 30th April, and when the UV Index is 3 and above at other times.

- Children are to wear sun protective hats when playing outside. The Centre enforces a 'No Hat Shaded Play Only' rule. Sun protective hats include broad brimmed hats, legionnaire hats, and bucket hats with a deep crown and brim width of 5cm and no cords attached to the hats to prevent choking. These hats will cover most of the child's face, neck and ears. No baseball caps.
- Families are asked to apply sunscreen to children before they arrive. Sunscreen must be applied 20 minutes before going outside and re-applied every two hours if children will be out for an extended period of time. Educators and staff are to re-apply Cancer Council SPF 30 or higher broad-spectrum water-resistant sunscreen to the children throughout the day. Children are encouraged to apply the sunscreen themselves where developmentally appropriate or will be assisted where required using gloves and cotton balls. Staff and educators are to be aware of any allergies or sensitivities to the sunscreen the Centre provides, and alternatives are to be provided by families.
- Families 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.
- Infants under the age of 12 months will be kept out of the direct sun. Infants should be protected from the sun using shade, clothing, and hats. On infants over 6 months of age sunscreen will be applied to small areas of exposed skin not protected by shade, clothing or hats.
- Educators, staff, volunteers and students will role model sun protective behaviours by wearing appropriate sun protective hats and clothing, applying sunscreen as appropriate, and seeking shade when outdoors.
- Visitors and family members who participate in outdoor activities with children will be encouraged to wear appropriate sun protective hats and clothing and apply sunscreen.
- Staff and educators will access the daily UV levels and sun protection times via the free SunSmart app, www.myuv.com.au or www.bom.gov.au
- During peak UV radiation times children are to play indoors or utilise shaded play spaces.
- Families, educators, volunteers, and students will be provided with up-to-date information about skin cancer and SunSmart behaviour and practices using displays and the Skoolbag app.

- Sun protection information will be provided to children through the educational programs and in displays.

This policy is endorsed by Cancer Council SA. This sun protection policy will be annually reviewed or if there are changes to DECD and Cancer Council SA guidelines.

Changes to Existing Policy

Reference to 'DECD' was removed.

Regulations

National Quality Standards 4, 7

Education and Care Services National Regulations

Sources

Cancer Council SA

Department for Education and Child Development

Supporting Documentation

Notification of SunSmart Membership

Review Date: July 2020

Next Review Date: July 2021