

# Sun Protection



## Policy Objective

To encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.

To work towards a safe outdoor environment that provides shade for children and staff at appropriate times.

To assist children to be responsible for their own sun protection.

To ensure families, educators, staff, volunteers and students are informed of, and follow, the Centre's sun protection policy.

## 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.

The Centre is also committed to providing our educators and staff with safe place to work, and work to educate staff about the importance of sun protection.

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:

### Sun Protective Hats and Clothing

- Children are to wear sun protective hats when playing outside. Sun protective hats include broad brimmed hats (at least 6cm), legionnaire hats, and bucket hats with a deep crown and brim width of at least 5cm and no cords attached to the hats to prevent choking. These hats will cover most of the child's face, neck and ears. Baseball caps are not an acceptable choice for sun protection. The Centre enforces a 'No Hat Shaded Play Only' rule.
- Families are encouraged to dress their children in appropriate protective clothing covering as much skin as possible including tops with collars and longer sleeves and longer style shorts and skirts. No singlets or midriff tops. Children without sun protective clothing will be required to play in areas protected from the sun.
- If practical, children are encouraged to wear close fitting wraparound sunglasses that provide the best protection. Sunglasses should meet Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category 2, 3 or 4).

### Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the Centre for children and families' use.
- Families are asked to apply sunscreen to children before they arrive or on arrival at the Centre.

- 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 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.

### Infants

- 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.

### WH&S and Role Modelling

- SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the Centre for educator, staff, volunteer and student use. The use of sunscreen by educators, staff, volunteers and students in line with the SunSmart recommendations (applied 20 minutes before going outside and re-applied every two hours) is recommended.
- Educators, staff, volunteers and students will role model sun protective behaviours by wearing appropriate sun protective hats (broad brimmed hat at least 7.5cm or bucket hat of at least 6cm), clothing, and sunglasses, and seeking shade when outdoors.
- Visitors and family members who participate in outdoor activities with children will be encouraged to role model SunSmart behaviours

### Sun Protection Times

- Staff and educators will access the daily UV levels and sun protection times via the free SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au)
- Where possible, outdoor activities will be scheduled outside of peak UV radiation times.
- Staff will utilise areas of shade for outdoor activities as much as possible.

### Information and Policy Promotion

- Age appropriate sun protection information will be provided to children through the educational programs and in displays.
- 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, including the display of the Centre's SunSmart policy around the Centre and the dissemination of the policy to families on enrolment and when changes are made.
- This sun protection policy will be annually reviewed or if there are changes to the Department of Education and Cancer Council SA guidelines.

### **Changes to Existing Policy**

Reference to 'DECD' was removed. The contents of the policy were updated to reflect the SunSmart early childhood policy guidelines.

### **Regulations**

National Quality Standards 4, 7

## Education and Care Services National Regulations

### **Sources**

Cancer Council SA

Department for Education

**Review Date:** November 2020

**Next Review Date:** July 2021