



POLICIES AND PROCEDURES

Sun Care and Protective Clothing Policy

Aims:

- To ensure that children develop positive attitudes towards protecting themselves all year from the sun, and ensure the centre's environment protects them from the sun when outdoors.
- To ensure that children are suitably dressed for activities so that their participation or safety levels are not restricted.
- To promote SunSmart behaviour and to reduce exposure to UV radiation through a comprehensive approach.
- To continually retain our accreditation from the Cancer Council as a SunSmart centre.

Explanation:

Australia has the highest incidence of skin cancer in the world. Sun exposure during childhood significantly increases the risk of skin cancer and melanoma. Sand, concrete and water can reflect up to 85% of sunlight and intensify exposure to ultra-violet radiation. Childcare staff and centres can play a vital role in the long term prevention of skin cancer, and in teaching healthy sun habits to young children. Centres are responsible for preventing and reducing the risks from excess sun exposure while children are in their care.

Implementation:

- Staff and children must be aware that safety precautions need to be taken all year round. Children and staff will wear hats whilst playing outside and use appropriate sun protection.
- Children and staff will be encouraged to wear broad brimmed hats with a brim size of at least 7.5cm, a legionnaire hat, or a bucket style hat with a brim that provides shade over the face, neck, ears and crown of the head. The centre will adopt a "No hat, no outdoor play" policy.
- Children who attend the centre and have left their hat at home will be given one of the centre's legionnaire hats to wear. The hat will be washed at the end of the day.
- Staff are aware of the times of the day when UV radiation levels are at their peak, and will plan the daily program so that outdoor activities do not occur during these times. The following hours are when children's outdoor play will be minimized: Eastern Standard Time April to (September) 10am – 2pm and Daylight Savings Time (October to March) 11am – 3pm.
- Children under the age of 12 months should not be exposed to direct sunlight. They must wear sun-safe hats. The NSW Cancer Council recommends using SPF30+ sunscreen on all areas of a baby's skin that cannot be covered by clothing (eg face, ears, hands, feet) regardless of the age of the child.
- Parents will be asked to send their children in t-shirts, not singlet style tops, and long shorts to minimize the amount of skin directly exposed to the sun. Loose fitting shirts or dresses with collars and sleeves that cover the shoulders and chest, trousers and longer style skirts and shorts in closely woven fabrics are preferable. Children should be dressed in comfortable clothing that allows them to participate in all the Centre's activities, particularly those involving gross motor development. Children who are not wearing sun-safe clothing will be provided with the centre's spare clothing.
- Parents will be asked to send their children in appropriate footwear, ie, not thongs. Covered shoes are best. The children will get some time to play outdoors in bare feet as this assists in the development of their foot muscles.
- Parents are to apply sunscreen to their child in the morning before leaving the centre. To encourage this, the Centre provides a bottle of sunscreen next to the sign-in sheets. Parents are required to give their consent for sunscreen to be applied to their children on our enrolment form.
- Staff will apply SPF30+ broad spectrum water resistant sunscreen to children at least 20 mins before going outdoors to play (even on overcast days) and reapply every two hours. A thin layer of sunscreen should be left on the skin.
- Sunscreen will be stored in a cool, dry place and the expiry date monitored.



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- Sun protection awareness activities (both planned and spontaneous) will be included in the Centre's program.
- Staff, families and visitors will act as positive role models for children by demonstrating SunSmart behaviour when attending the Service. They will do this by wearing a SunSmart hat, applying appropriate sunscreen before going outdoors, using shade whenever possible, wearing SunSmart Clothing (see Staff Clothing Policy) and wearing sunglasses that meet the Australian Standard AS1067.
- Whilst the Centre does not conduct excursions, the Centre will include in its newsletters information from the Cancer Council regarding SunSmart behaviour during family outings. The Centre will also display SunSmart promotional materials in the foyer and near the sign in sheet, as well as distributing pamphlets and other materials to families.
- A copy of the centre's Sun Care and Protective Clothing Policy will be made permanently available for parents to read in the policy folder in the front foyer. It will also feature as the "Policy of the Week" during the year.
- If any child is allergic to the sunscreen provided by the centre, their parents will be asked to provide their own.
- Outdoor activities will be planned to take place in shaded areas whenever possible so as to reduce children's exposure to UV radiation.
- The centre is responsible for ensuring that there is adequate shade available for all children. The centre has recently increased the amount of shaded area in the 0-2's play area with the erection of a shade sail. The centre will monitor the amount and quality of shade provided by both built and natural structures quarterly as a part of our WHS audit.

The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.

Measuring Tools:

The centre has submitted its Suncare and Protective Clothing Policy to The Cancer Council and has made adjustments to policies and procedures so that we are now officially a SunSmart centre.

Links to Other Policies:

Staff Clothing Policy
Programming Policy

Sources:

www.cancercouncil.com.au/sunsmart accessed March 2016

www.cscentral.org.au accessed March 2016

http://www.cancercouncil.com.au/wpcontent/uploads/2010/12/ech_sunsmartguide_serviceproviders.pdf

Education and Care Services National Regulation 2011

Education and Care Services National Law Act 2010

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

UV Index www.bom.gov.au/weather/uv

Policy Created: March 2010

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