

# Sun Protection



## POLICY STATEMENT:

*Our Service* will aim to take a sensible approach to sun protection that empowers children to take responsibility for their own health and wellbeing (“My Time, Our Place” Outcome 3) and protects children from the harmful rays of the sun. All staff will model appropriate sun protection behaviour and enforce the sun protection policy.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy. Our service aims to balance the risk of sun exposure with maintaining adequate vitamin D levels in our children.

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. UV radiation cannot be seen or felt and can be high even on cool and overcast days. Our Centre Educators will teach children not to rely on clear skies or high temperatures as cues for sun protection. Resources and materials that reinforce this message will be provided to help children understand the complexities of their environment (“My Time, Our Place” Outcome 2).

Strategies for teaching sun protection will be based on children actively practicing and monitoring their own implementation of sun protection strategies as active learners (“My Time Our Place” Outcome 4). This will include children having opportunities to access UV alerts and monitor their exposure to the sun and their peers’ exposure to the sun (“My Time, Our Place” Outcome 5).

## PROCEDURE:

### **Shade**

*When the UV index is 3 or above:*

- Structured outdoor activities will be held in shaded areas whenever possible;
- The Centre will identify shade options at various times of the day and the year within the outdoor space and promote these to the children;
- Educators will set up activities and play spaces to make best use of the shade; and
- Children will be encouraged to use available shade when playing outside.

## **Clothing**

When the UV index is 3 or above:

- Educators and children will wear protective clothing when outside;
- Children will be required to wear sun-safe hats and clothing that protect the face, neck and ears when outside. Recommended hats are bucket hats and broad brimmed hats; and
- Staff will enforce a no hat no outdoor unshaded play rule for children. Children have the option to play outdoors under a shaded area if they do not have a sun safe hat.

## **Sunscreen**

When the UV index is 3 or above:

- SPF 50+ broad-spectrum water-resistant sunscreen will be available for children and Educators. All children and Educators will be required to apply sunscreen;
- Educators will remind children to re-apply sunscreen every two hours when the UV index stays at 3 or above; and
- Sunscreen will be made available for children. Parents should inform the Centre in writing if they do not wish their child to use sunscreen. Educators will respect the parents' right to refuse children using sunscreen; however, such children will be required to wear appropriate clothing or play in the shade or indoors.

## **Role modelling of staff**

When the UV index is 3 or above:

- Educators will practice a combination of sun protection strategies (sun-safe hats, clothing, sunglasses, SPF 50+ broad spectrum water resistant sunscreen).
- Wherever possible, staff will seek out shade when undertaking outdoor supervision.
- Educators will use opportunities to discuss with children sun protection and demonstrate a positive and proactive approach to the management of sun protection.

## **Collaboration with children**

- Children will be provided with opportunities to take leadership roles in managing sun protection. Children may have assigned duties such as hats reminders and management of sunscreen.

## **Education and Information**

- The sun protection policy will be available to all families using the Centre. Parents will be informed of the sun protection policy including appropriate clothing requirements on enrolling their child in the Centre through the Parents Information Handbook. Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen.

**CONSIDERATIONS:**

<b>Education and Care Services National Regulations</b>	<b>National Quality Standard</b>	<b>Other Service policies/documentation</b>	<b>Other</b>
R 114, 168  L -167	2.3.2  6.3.2	<ul style="list-style-type: none"> <li>- Parent Handbook</li> <li>- Staff Handbook</li> <li>- Providing a Child Safe Environment Policy</li> </ul>	<ul style="list-style-type: none"> <li>- My Time, Our Place Framework</li> <li>- WHS Act &amp; Regulations 2012</li> <li>- NSW Cancer Council</li> </ul>

**ENDORSEMENT BY THE SERVICE:**

<p><b>Approval date: 11/06/2019</b></p> <p><b>Date for review: 11/06/2020</b></p>
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