

SUN PROTECTION POLICY

Australia is the skin cancer capital of the world and at least 2 in 3 Australians will be diagnosed with skin cancer before the age of 70 years. Children have delicate skin which places them at particular risk and sun exposure during the first 10 years of life has a significant impact on the likelihood of skin developing skin cancer later in life. Most skin cancers can be prevented by protecting the skin from over exposure to the sun.

PROCEDURES

1. Hats, sunscreen, sun protective clothing and shade will be used by staff and children when outdoors in the months from 1st August – 30th April and at any other time of the year when ultraviolet when UV rays are 3 and above.
2. All children will wear the centre approved bucket hat, whenever they are outside from August to end of April, or whenever the UV level is 3 or above outside of these times. The bucket hat must have a deep crown and a minimum of 5cm brim, appropriate for children under 5 years. On enrolment parents will be supplied and charged for a Navy suitable bucket hat. This will be named by the centre. No baseball caps allowed.
3. Children who do not have appropriate hats with them will be required to play indoors or under the verandah.
4. Staff will wear an appropriate broad brimmed or bucket hat. (Bucket hat must have a deep crown and minimum brim of 6cms.)
5. An SPF 30+ broad-spectrum, water-resistant sunscreen will be applied to all exposed body parts, 15-20 minutes before going outdoors and reapplied every 2 hours or more often if outdoors for extended periods or during water activities.
6. Parents/Carers are to apply sunscreen before or as close to their arrival to the Centre and notify staff if sunscreen has not been applied. A liberal amount of sunscreen applied to skin not protected by clothing is required to provide maximum protection before sunscreen protection will cease. Staff will be mindful that sunscreen will need to be reapplied around 11am and assist where possible, as UV levels will peak from this time and over the middle of the day.
Childcare children: sunscreen applied at 10.30am and 2pm.
Kindergarten children: sunscreen applied after lunch has been consumed and 20 minutes prior to going outdoors with the assistance from staff (for all children attending all day), providing enough time for application so skills are developed for independent application at school.
7. The centre provides SPF30 or above broad spectrum, water resistant sunscreen for children attending care at various sunscreen stations to prompt both parents and children to reapply.

8. Parents/Carers are encouraged to dress their children in appropriate sun protective clothing. This includes a hat (refer 2 above) and tops with collars and elbow length sleeves and longer style shorts/skirts/dresses. Loose light coloured closely woven fabrics are ideal. No singlet or midriff tops allowed.
9. Staff will model positive skin protection behavior by wearing appropriate hats, clothing and sunscreen for outdoor experiences when the UV is 3 and above.
10. Sun protection times will be sourced daily from a Sunsmart app or MyUV.com.au. During the daily sun protection times when the UV is always 3 and above the centre will provide outdoor activities in protected/shaded areas.
11. Extra care will be taken during peak UV times (always over the middle of the day) to protect children from direct sun.
12. Children are directed by staff to play in shaded areas where possible.
13. On excursions when the UV levels are forecast to be 3 and above maximum skin protection procedures will be followed by staff, parents and children including the wearing of hats and sun protective clothing, sunscreen application and seeking shade as much as possible when outdoors.
14. The centre will incorporate skin protection awareness activities in the teaching programs.
15. When the UV level is below 3 – no sun protection is required. Staff may take the opportunity to seek out direct sun when outdoors, so staff and children can receive and maintain adequate levels of vitamin D, vital for the development and maintenance of strong, healthy bones.
16. Babies (under 12 months) Refer SunSmart checklist points three. “Babies under 12 months should be kept out of direct sunlight as much as possible and always be protected by shade, clothing and hats. Sunscreen should only be applied to exposed skin not protected by clothing or hats, when necessary”.
17. On orientation staff and carers/parents will be informed of the sun protection policy.
18. Parents will be provided with information about skin cancer and sun protection and Sun Smart behavior will be promoted and role modeling by parents will be encouraged.
19. The staff will set up a sun protection display over August to April to inform and promote SunSmart practices.
20. This policy will operate throughout the year and will be reviewed regularly (at least every 3 years) based on information provided by the Cancer Council SA and the SunSmart team (see www.sunsmart.org.au)