Sun Protection Policy

Policy Statement:
It is the responsibility of all staff to ensure that all children, employees and visitors attending this Centre are protected from skin damage caused by harmful ultraviolet radiation (UVR) from the sun.

Background:
Sun exposure in childhood and adolescence greatly increases the chances of developing skin cancer later in life. Being Sun Smart is a simple and effective way of reducing the risk of developing skin cancer.

Employees and visitors to the Centre are encouraged to act as role models by:
- wearing appropriate hats and clothing outdoors;
- using SPF 30+ sunscreen for skin protection; and
- seeking shade whenever possible.

The Centre recommends that staff wear loose fitting clothing that protects as much of the skin as possible for outdoor activities. Shirts that cover the shoulders and with collars and sleeves (that are at least elbow length) and longer style skirts and shorts are most suitable. Darker colours are recommended as they are less likely to reflect UVR on to the skin.

Procedures:
Children and employees are required to wear hats whenever they are outside, except during winter on days that the UV rating is less than 3. It is the responsibility of the Supervising Officer to check the UV rating. Children who do not have their hats with them on days they are required will be asked to play in an area protected from the sun. Where a child does not want to wear their hat, they will be required to play indoors or in an undercover area. Children and employees are required to provide their own hats.

Children will be encouraged to use available areas of shade for outdoor play activity. Planned outdoor play and activities will be set up in shady areas. Full day outdoor excursions (i.e. Vacation Care) will be planned to minimise children’s sun exposure between the hours of 10am and 3pm. The availability of shade will be considered when planning all outdoor excursions and activities. Portable shade structures may be used if the area does not have much natural or artificial shade. Children and staff participating in excursions will be required to wear hats, protective clothing and sunscreen.

SPF 30+ broad spectrum water resistant sunscreen will be provided for staff and children’s use as necessary. Sunscreen will be applied liberally before going outside. It should be reapplied every two hours or more frequently if it is likely to have been washed or wiped off. Children will be taught how to apply their own sunscreen.

If a parent specifically requests that their child does not use sunscreen, staff will need to decide in consultation with the parent whether the child will be allowed to play outside. If the parent wishes their child to play outside appropriate clothing will be discussed and should be worn, and well shaded areas used for their play.
All parents will be able to access the Centre’s Sun Protection Policy. The Sun Protection Policy will be reinforced in a positive way through parent newsletters and notice boards, and learning about skin and ways to protect skin from the sun will be incorporated into programmed activities.

Staff and parents will be provided with educational material on sun protection. Management will keep themselves informed about current trends, recommendations and legislation that impacts on sun protection policy by participating in industry networking groups, maintaining regular contact with relevant resource agencies, and providing opportunities for staff to train in current practices.

When enrolling their child, parents will be:
- informed of the Sun Protection Policy;
- asked to provide a suitable hat for their child’s use; and
- required to give authority for staff to administer sunscreen to their child.

Amendment:
The supervisor of the day will make use of the Oz sun UV alert data. If the UV exposure is between 1 – 3 children will not be required to wear a hat or sunscreen during the colder months of the year. Vitamin D production decreases during winter when the intensity of ultraviolet radiation is lower.

Sources:
Managing OHS in Children’s Services – A model for implementing an OHS Management System in your Children’s Service – Lady Gowrie Child Centre, Sydney
Staying Healthy in Child Care by National Health and Medical Research Council
Worksafe website: www.safetyline.wa.gov.au

NATIONAL QUALITY FRAMEWORK
Education and Care Services National Regulations – Reg 75(k)(ii); 75(l); 75(m); 100; 104; 106; 111; 112; 129; 131
National Quality Standard for Early Childhood Education and Care and School Age Care (Nov 2010) – Element 2.1.2; Element 2.1.3; Element 2.2.2; Element 2.3.2; Element 3.1.1
Early Years Learning Framework for Australia
Framework for School Age Care in Australia

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