



Sun smart Policy

Centre and Staff Procedures

Australia has the highest incidence of skin cancer in the world. Skin damage including skin cancer is the result of cumulative exposure to the sun. However it is important to balance sun protection with safe sun exposure for the production of vitamin D. Therefore Port Lincoln Children's Centre's sun smart policy has been developed to ensure that all children and employees attending the Centre are aware of and protected from skin damage caused by harmful U.V radiation from the sun.

The Policy aims to promote among children, staff and parents

- Positive attitudes toward skin protection
- Lifestyle practices which can reduce the incidence of skin cancer and the number of related deaths.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

The Centre has and will continue to develop a number of shaded areas including verandahs, shade cloth and trees. UV index levels will be checked daily and displayed in Childcare and Kindy areas.

As part of WHS risk controls and role modelling staff will wear sun protective hat, covering clothing when outside, apply sunscreen and seek shade where practical.

Information about sun smart behaviour will be reinforced and promoted to the whole community e.g., via newsletters etc. and all new families and staff will be informed of the policy.

Staff will actively educate children about sun smart behaviour. Age appropriate information about skin and sun awareness will be incorporated into the curriculum.

The Centre will provide Legionnaire and bucket hats for children to wear when outside.

A one off fee of \$5.00 will be charged on enrolment to cover the cost involved in supplying and washing hats.

This policy will be reviewed regularly (at least every 3yrs) to ensure it remains current and relevant.

These practices are to be implemented when U.V levels are 3 and above

- Children are expected to wear sun protective hats outside. (Baseball caps and visors are not appropriate)
- Staff will regularly remind and encourage children throughout the day that if they wish to play outside they must wear a hat.
- Hats will be labelled and kept in the children's lockers so that they are easily assessable for children.
- If a child is constantly removing their hat, staff will consider restricting their play to indoors (staffing ratios permitting) or to under verandah activities.
- Parents are encouraged to dress children in loose fitting clothes that protect as much skin as possible covering shoulders, upper arms, elbow length sleeves, backs and midriffs (collars are desirable) and longer length style shorts/skirts/dresses
- Children who are not dressed appropriately will be restricted to indoor activities.

- The centre will keep a small supply of t-shirts for those not appropriately dressed.
- Minimum SPF30+Sunscreen will be applied to children 15-20 mins before going outside.
- Children will be encouraged to play in the shade and planned activities will be set up in shaded areas.
- Centre will reduce outdoor play over the middle of the day 10am - 2 pm or 11am-3pm (daylight saving) as this is when UV rays are at their highest.

Reduce Exposure to direct sun

When the U.V. rays are 3 and above all babies under the age of 12 months will be kept out of direct sunlight and always protected by shade, clothing or hats. Sunscreen (tested for sensitive skin) will be applied to small areas of exposed skin not protected by clothing or hats where necessary. (Use of chemical sunscreens are not recommended for babies under the age of six months and should only be used on small areas of skin if adequate clothing and shade are not available.)

Sunscreen

The Centre will provide a SPF30+ broad spectrum (water resistant) sunscreen.

Permission will be sought from parents on enrolment to apply sunscreen.

Parents are encouraged to apply minimum SPF30+sun screen to their child at the Centre on arrival.

Staff will re-apply or assist children to apply minimum SPF30+sunscreen throughout the day.

Adequate time (15-20mins where possible) must be allowed from the application of sunscreen before going outside.

Vitamin D levels

Most people get enough Vitamin D if their hands, face and arms are exposed to

- 10 minutes of sunlight light before 10am or after 3pm from Sept to April and
- 2-3 hours per week of cumulative sunlight exposure from May to August., so no protection practices need apply during this time, unless the U.V is 3 and above.

Links to Regulations/legislation 168(2)a NQS 2.3.2., 3.1.1 <u>EYLF</u> 3.2 Children take increasing responsibility for their own health and physical wellbeing.	Sources: Cancer Council SA 'Being SunSmart during the winter months and vitamin D' Cancer Council S.A. "Sun protection for babies and toddlers" Cancer Council Victoria Policies to go by for Child care Centres P.L.C.C. SunSmart Policy 2006	Issue No: Date Review date Signed
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