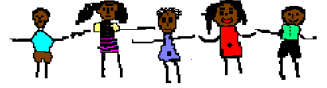


Sun Smart Policy



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, employees and visitors 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 using a combination of sun protection measures
- An 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.
- Assist children to become responsible for their own sun protection
- Inform families and new staff of PLCC's sun smart Policy

This policy applies to all Centre activities and events on and off site.

Centre Procedures

- The Centre has and will continue to conduct regular shade audits and develop a number of shaded areas including verandahs, shade cloth and trees.
- UV index levels will be checked on BOM website daily and the rating will be displayed in Childcare and Kindy areas.
- As part of WHS risk controls and role modelling, when u.v. level is 3 and above staff will apply sunscreen, wear a sun protective hat and covering clothing and seek shade where practical. Visitors and parents are also encouraged to role model Sunsmart behaviours when participating in or attending outdoor activities with the Centre.
- Information about sun smart behaviour will be reinforced and promoted to the whole community e.g., via newsletters etc.
- All new families and staff will be informed of the policy on enrolment and induction.
- Staff will actively educate children about sun smart behaviour. Age appropriate information about skin and sun awareness will be incorporated into the curriculum through activities and displays
- The Centre will provide broad brimmed hats for children to wear when outside.
- An annual 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 (generally 1st Aug –30th April)

- Minimum SPF30+Broad Spectrum Sunscreen will be applied to children 15-20 minutes before going outside.
- Children are expected to wear sun protective hats outside. (Baseball caps and visors are not appropriate)
- Hats will be labelled and kept in the children's lockers so that they are easily assessable for children.

- Staff will regularly remind and encourage children throughout the day that if they wish to play outside they must wear a hat.
- If a child is constantly removing their hat, staff will consider restricting their play to indoors and to shaded 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.
- Children will be encouraged to play in the shade and planned activities will be set up in shaded areas.
- If practical, encourage children to wear close fitting wraparound sunglasses that provide the best protection. Sunglasses should meet the Australian Standard AS/NZ1067.1:2016 (Sunglasses; lens category 2,3 or 4)
- Care will be taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.
- Indoor activities are available during peak radiation times.
- A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities including scheduling activities earlier in the day.
- When U.V levels are 3 and above babies under the age of 12 months will be kept out of direct sunlight and always protected by shade clothing or hats. Sunscreen will be applied to small areas of exposed skin for babies six months and older.

Sunscreen

- The Centre will provide a SPF30+ or higher water resistant sunscreen for children and adults' use.
- On enrolment permission will be sought from parents to apply sunscreen to their children. In case of skin allergies or other conditions, appropriate sunscreen can be supplied from home.
- Parents are encouraged to apply and assist children apply sunscreen on arrival at the Centre.
- Once old enough children are encouraged to apply their own sunscreen under the supervision of educators.
- Sunscreen will be applied 15 –20 minutes before going outside and reapplied every 2 hours if remaining outdoors.

Vitamin D levels

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Education and Care Services national Regulations	National Quality Standard	Other Policies	Other
100 - Risk assessment prior to excursion. 113 Outdoor space natural environment 114 Outdoor space –shade 168 (2)(a)(ii)Policies required – sun protection 171 Policies and procedures to be kept available	QA 2 Children's Health and Safety QA 3 Physical environment		WHS Act 2012

Policy Reviewed	Modifications	Next Review Date:	
27. 3.23	Reviewed with updated recommendations from Cancer Council SA Changed to new policy format.	2026	
17.3.20	Reviewed with updated recommendations from Cancer Council SA	2023	
20.9.16	Reviewed with updated recommendations from Cancer Council SA	2020	