



# Sun Protection

Review Date: 09/05/19

## Introduction

Australia has the highest rate of skin cancer in the world.

Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage.

Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life.

Early childhood services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

Learning to be sun safe and developing good habits are life skills best acquired at an early age.

## Goals – What are we going to do?

- Our service will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.

## Strategies - How will it be done?

Our sun protection strategies are:

### Outdoor Activities

The service will use a combination of sun protection measures whenever **UV Index levels reach 3** and above (BOM website – forecast Northern Rivers). This will include:

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- From April to September outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

## Shade

Outdoor activities will be planned to occur in shaded areas wherever practicable. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.

The service will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

## Hats

Educators, staff, volunteers and children are encouraged to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Legionnaire hat.
- Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
- Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors). Spare hats will be available if needed.

## Clothing

When outdoors, educators, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.

Children who are not wearing sun safe clothing can be provided with spare clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

## Sunscreen

All staff and children will apply SPF30+ broad-spectrum water resistant sunscreen before going outdoors and reapply at transition times. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

## Role Modelling

Educators and staff will act as role models and demonstrate sunsafe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF30+ broad-spectrum water resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).

Families and visitors are encouraged to role model positive sun safe behaviour.

## Education and Information

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to all staff, families and visitors. Further information is available from the Cancer Council website [www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart).

## Policy Availability

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.

## Review

Management and staff will monitor and review the effectiveness of the sun protection policy regularly.

Refer to the Cancer Council's guidelines and website [www.cancerCouncil.com.au/sunsmart](http://www.cancerCouncil.com.au/sunsmart) for further information

## **Statutory Legislation & Considerations**

### **Related Policies**

Excursions

Water Safety

## **Evaluation**

The service demonstrates SunSmart behaviours with the wearing of suitable clothing and application of sunscreen.

- Sun exposure is monitored throughout the day in accordance with Cancer Council recommendations.
- The curriculum and program incorporates sun safety awareness.

## **Policy Availability**

The Sun Protection Policy will be readily accessible to all staff, families and visitors, and ongoing feedback on this policy will be invited.

## **Review**

Management and staff will monitor and review the effectiveness of the policy bi-annually or as needed.

**President's Name:** .....

**President's Signature:** .....

**Date:** ...../...../.....

**REVIEW DATE:** .....