



Sun Protection Policy

Regs	114	Outdoor shade
	168	Policies and procedures

QA	2.1.1	Each child's health needs are supported
	2.3.2	Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury

Australia has the highest incidence of skin cancer in the world. Of all new incidents of cancer diagnosed in Australia each year, 80 per cent are skin cancers. Given that children in childcare attend during peak ultraviolet radiation (UVR) times and that they spend a lot of time outdoors, childcare has a major role in minimising children's UVR exposure. Further, childcare provides the ideal opportunity to instil in children long-term positive SunSmart habits.

Policy statement

The Centre takes every reasonable precaution to protect children and staff from the harmful effects of exposure to the sun while they are at the Centre.

The Sun Protection Policy is consistent with the Cancer Council's SunSmart recommendations for outdoor environments, clothing, sunscreen, scheduling of activities, and ongoing education for the children, families and staff at the Centre.

Strategies and practices

- The Sun Protection Policy is given and explained to parents during the enrolment process and their attention is specifically drawn to their responsibilities under this Policy.
- The sun safety message is promoted and positively reinforced amongst families through notice boards, newsletters, educator-parent conversation and providing them with up-to-date SunSmart materials.
- Educators promote sun safety awareness in children by including it in daily routines and intentional teaching such as role-modeling, discussions, songs, stories, games, and SunSmart resources (for older children).
- The Centre's outdoor playground is adequately shaded. The built and natural shade features are continuously evaluated for effectiveness and, if required, additional shade structures are built and trees planted.
- Children play outdoors at the discretion of the educators who take into account the weather and are guided by the routines and children's interests.
- Before 10am and after 2pm, educators set up activities in the shade, wherever possible, and actively encourage children to play in the shade. At times when the weather becomes too hot, educators move play to protected and shady areas, such as verandahs, or inside.
- Between 10am and 2pm, planned outdoor activities and events are minimised, and shady places are maximised.

- During the winter months, if the UV rays are under 5, sunscreen does not need to be applied. Sun safety hat and clothing and shade play is still necessary.
- All staff model positive SunSmart behaviour to the children by:
 - wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outdoor activities
 - using SPF 50+ broad-spectrum, water resistant sunscreen
 - seeking shade whenever possible
 - wearing sunglasses that meet the Australian Standard
- The Centre supplies 50+ broad-spectrum waterproof sunscreen for children and staff but parents are encouraged to apply sunscreen to their children before they arrive at the Centre. Sunscreen is available in the main foyer, each room and on the outdoor verandah areas. Parents are advised upon enrolment about the use and brand of sunscreen, and receive a regular reminders. Parents are required to notify the Centre in writing if their child is allergic to sunscreen, and to supply an alternative clearly labeled with the child's name.
- There is a sun safety station in the main foyer where children can apply sunscreen at the beginning of the day with the help of their parents and caregivers.
- Educators ensure that all children wear a broad-brimmed hat, legionnaire style hat, or bucket hat with a deep crown that provides sun protection for the face, neck and ears when outside.
- Any child who has not brought an appropriate hat is expected to use one from the Centre's set of spares kept for the purpose, or to play in the shade.
- Educators ensure children wear clothes with adequate protection from UVR when playing outdoors. Any child who does not have suitable clothing is expected to wear clothing from the Centre's set of spares kept for the purpose, or to play in the shade. Also if the spare clothes supply is exhausted, the children without suitable clothing will be required to play indoors or in shaded areas. The Cancer Council recommends loose fitting clothes with collars and sleeves, closely woven natural fibre fabric, and of a dark colour.
- Water is available and offered to children throughout the day regardless of whether they are indoors or outdoors.
- Parents are asked to liberally apply a 50+ broad-spectrum water resistant sunscreen to all exposed areas of their children's skin on arrival at the Centre.
- Educators liberally apply broad spectrum sunscreen with an SPF of 50+ to all exposed areas of children's skin 15-20 minutes before the children go outside, and record it on the Daily Record Form.
- Educators reapply sunscreen every two hours if children are outdoors for a prolonged period, or more frequently if the children are perspiring or involved with water play. Older children apply their own sunscreen under supervision.
- If parents supply their child with sunglasses that are wrap-around and/or are close fitting (that meet AS 1067-EPF 10 is best), educators will ensure children wear them during outdoor play.
- Educators are kept up-to-date with SunSmart recommendations.

Additional requirements for babies

- Babies under the age of 12 months are kept out of direct sunlight as a matter of course. However, when outdoors, a small amount of sunscreen is applied only to those exposed areas not already covered by clothing or hats.
- Educators monitor fluid intake of babies and document it in each child's Communication Book.

Responsibilities of parents

- To apply sunscreen to their child before they leave home or on arrival at the Centre, and to record it on the Daily Record Form.
- To ensure Kindergarten children are dressed in their full uniform.
- To provide a SunSmart hat for their child each time their child attends the Centre, and to ensure the hat is clearly named and kept clean.
- To dress their child in SunSmart clothing, including spares, each time the child attends the Centre.
- To model positive SunSmart behaviour to the children when at the Centre.
- To notify the Centre in writing if their child is allergic to sunscreen, and to supply an alternative sunscreen clearly labelled with the child's name.

Links to other policies

- Clothing Policy
- Educational Program Policy
- Enrolment and Orientation Policy
- Excursion Policy

Sources, further reading and useful websites

Sources

- Cancer Council Queensland. *Early childhood settings: SunSmart Policy Guidelines* <http://www.cancerqld.org.au/f/OrderBrochures/Medical/> accessed 19 December 2011
- Shaw, M. (2011). Keeping sun safe in child care <http://ncac.acecqa.gov.au/educator-resources/pcf-articles/KeepingSunSafeMar2011.pdf> accessed 6 March 2012

Further reading

- Queensland Government. *Sunsafe Queensland Workplaces*. http://www.sunsafety.qld.gov.au/documents/factsheet_workplaces.pdf
- Cancer Council Queensland. *SunSmart Policy Guidelines: Working towards a SunSmart Queensland*. http://www.cancerqld.org.au/icms_docs/54255_Early_Childhood_Settings_SunSmart_Policy_Guidelines_.pdf

Useful websites

- Cancer Council Queensland – www.cancerqld.org.au/page/support_us/fundraise/queensland_sunsmart_da_y/

Policy review

The Centre encourages staff and parents to be actively involved in the annual review of policies and procedures. Any new legislative changes or improved teaching practices will be identified as part the Centre's commitment to further quality improvement.

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