



## **SUN SMART POLICY**

We promote recognised Sun Smart practices to children, staff, families and visitors. Within the centre everyone is encouraged to model and support sun safe behaviours.

Cancer Council SA recommends that Early Childhood Service in SA implement a comprehensive skin protection policy when the ultraviolet radiation (UVR) levels are 3 and above. This is generally from the beginning of September to the end of April.

The Centre aims to provide protection from the sun by minimising excessive exposure of the skin to the sun's ultraviolet rays through:

- ✧ Appropriate clothing
- ✧ Limiting outside activity in high UV levels above 3 and heat over 36°
- ✧ Provision of shaded areas
- ✧ Appropriate use of sunscreen
- ✧ Provision of information on recognised Sun Smart practices

### **Hats**

Between September and April all children, staff, visitors and volunteers are to wear a broad brimmed, legionnaire or bucket hat outside.

Between April and September hats are to be worn on days when the maximum predicted UV level is 3 or higher. These days are designated as a "Hats On Day"

Children are to bring a hat, clearly named, from home every day. Children who don't bring a hat can use a spare hat or play in a sun protected area.

### **Clothing**

Children and staff are required to wear clothing that adequately covers their shoulders, upper arms and torso.

### **Sunscreen**

- ✧ Staff are to ensure children have sunscreen applied when the UVR is 3 or greater.
- ✧ All sunscreen supplied by the centre will be SPF 30+ broad spectrum water resistant.
- ✧ Sensitive sunscreen is also made available or families can provide their own in consultation with staff.
- ✧ It is recommended that families arrange a spot check of the sunscreen on their child to check for adverse reactions.

Activities about Sun Safety are taught as part of the educational program.

The centre supports the cancer council's sun protection mantra:

"When the UV index reaches 3 or above take the following steps to protect yourself against sun damage:

1. SLIP on some sun protective clothing
2. SLOP on SPF30+ sunscreen
3. SLAP on a hat
4. SEEK Shade

Families are kept informed of latest Sun Smart practices via this policy, newsletters, the centre handbook and promotional materials.