



# Sun Protection Policy

## Rationale

Australia has the highest incidence of skin cancer in the world with 2 out of 3 people developing some form of skin cancer before they are 70 years of age. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

*The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels. Sensible sun protection does not put people at risk of vitamin D deficiency.*

*For most people, adequate vitamin D levels are reached through regular daily activity and incidental exposure to the sun. During summer, the majority of people can maintain adequate vitamin D levels from a few minutes of exposure to sunlight on their face, arms and hands or the equivalent area of skin on either side of the peak UV periods (the middle of the day when UV levels are most intense) on most days of the week.*

*In winter in the southern parts of Australia, where UV radiation levels are less intense, people may need about two to three hours of sunlight to the face, arms and hands, or equivalent area of skin, spread over a week to maintain adequate vitamin D levels.  
(Cancer Council Australia, 2013)*

## Aims

The Aim of the Hamley Bridge Sun Protection Policy is to reduce the risk of skin damage and promote skin protection among children, staff and families.

## Implementation

1. Parents are asked on the enrolment form to give permission for sunscreen to be applied. If a child has an allergy to the sunscreen provided by the Centre, parents and guardians must send their child's own sunscreen, clearly labelled with their name.
2. Information about the importance of sun protection is part of our enrolment package..
3. Parents are requested to apply sunscreen to their child before/on their arrival at the Centre.
4. SPF 30 or higher, broad spectrum sunscreen (supplied by the Centre) is applied to each child 20 minutes before going outside. Older children are encouraged to apply their own sunscreen. Staff assist or apply sunscreen to younger children and staff clean their hands in-between applications to each child.
5. Children must wear either a legionnaire style/broad brimmed/bucket hat when outside. Cords should not be attached to hats as they present a choking hazard. Bucket hats can be purchased for a minimal cost from the Centre.
6. Hats will be worn by children and staff during terms 1, 3 and 4 and the UV will be monitored during term 2 and when the UV rating is over 3 hats will be worn.
7. Children must wear appropriate clothing. T shirts/polo shirts with collars and elbow length or long sleeves are encouraged, as are longer style shorts/pants. Tank tops/singlets are not acceptable. Children not wearing sun safe clothing will be asked to play inside/under the verandah or given spare clothing if available.
8. Staff will be role models by wearing broad brimmed/bucket hats, sunscreen and appropriate clothing, as will parents accompanying children on excursions.



**Government of South Australia**

Department for Education and  
Child Development

9. **Outdoor activities** will be restricted to shaded areas on high risk days (when ultraviolet radiation is level at High or above). When planning or scheduling outdoor excursions or activities, peak UV times and shade availability will be considered.