



# SUN PROTECTION

## Rationale

Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above and that a skin protection policy be in place that is relevant for our location. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development.

The aims of Lockleys Children's Centre Sun Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- 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.

## Scope

The purpose of the policy is to ensure that all members of our preschool community are protected from skin damage caused by the harmful rays of the sun.

This policy applies at all times throughout the calendar year and applies to children, parents, caregivers, staff, volunteers and visitors.

This policy is adapted from the SunSmart Policy and the Cancer Council.

## Sun Protection Procedures

### Hats:

In accordance with the Cancer Council Sun Smart Policy, children and educators will wear hats and sunscreen when the UV is 3 and above and at all times when outdoors in terms 1 and 4. Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities. The centre provides every child with a named bucket hat upon commencement in term 1. Children not wearing an appropriate hat will be expected to play in the shade or use a spare preschool hat.

Hats are not mandatory in winter weather and when the UV ratings are low. Children are encouraged to wear warmer head wear and the importance of Vitamin D is taken into account as per Cancer Council recommendations.

#### Sunscreen:

- Cancer Council SA recommends to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15—20 minutes before going outdoors for lunch or activities. Sunscreen should be reapplied every two hours when outdoors or more frequently if involved in water activities or perspiring.
- Sunscreen is to be applied by parents prior to arrival at preschool in Terms 1 and 4.
- Sunscreen will be applied at lunchtimes at least 20 minutes before outside play.
- Parents of children with allergies or preferences for a particular brand of sunscreen will supply sunscreen for their exclusive use.
- Teachers will apply sunscreen to children and show children how to apply the sunscreen themselves under supervision.
- Parents are requested to apply Sunscreen prior to arrival for the morning outdoor activities and staff will reapply again before they go outside in the afternoon when the UV is 3 and above.

#### Shade:

Children will be encouraged to seek shade during play and leisure activities. The shade of trees, pergolas, umbrellas and tents will be used whenever outdoors. The provision of shade areas is a priority for the service including tree planting. The sandpit and play equipment are adequately shaded.

#### Clothing:

In addition to hats, children and staff will wear appropriate clothing that covers their shoulders.

#### Infants

Infants (under the age of 12 months) should be kept out of the direct sunlight as much as possible when the UV radiation is 3 and above. Infants should be protected by using shade, clothing and hats.

#### Curriculum:

Staff will include skin cancer prevention in teaching activities as appropriate. Sun Smart behaviour is regularly reinforced and promoted to the whole Children's Centre community through newsletters, website, social media accounts, parent meetings, staff meetings and enrolment packs.

### **Responsibilities**

#### Staff will:

- Take care to protect children's skin and their own skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken during the peak UV times of the day when UV radiation levels are highest.
- Access the daily sun protection times on the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au/uv](http://www.bom.gov.au/uv) to assist with implementing this policy.
- Apply sunscreen to small areas of exposed skin not protected by clothing, hats or wraps, where necessary.
- Ensure that children's lunch, relaxation time and indoor activities will be held between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day.
- Provide adequate time for correct application of sunscreen on children before they go outdoors.

- Teach children how to apply their own sunscreen and provide appropriate supervision when they do so.
- Schedule outdoor activities outside of the peak UV times of the day or in the shaded areas of the service where possible.
- Keep up to date with new information and resources from Cancer Council SA.
- Role model appropriate SunSmart strategies in all service activities for WHS, including wearing hats, sunscreen, protective clothing, sunglasses and seeking shade. 2 spare hats will be kept for visitors such as psychologists and speech pathologists.
- Reinforce the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
- Provide information about the centre's SunSmart Policy to all new staff, students and families.

#### Parents/caregivers will:

- Parents will be encouraged to supply sunscreen for their children although there will be bulk sunscreen packs available at the service.
- Provide a supply of sunscreen for their child should they have an allergy or brand preference.
- Ensure their child brings their hat to preschool every day.
- Dress their child in clothing that provides appropriate coverage for the skin.

This information has been extracted from the Cancer Council SunSmart Policy Guidelines  
[https://www.cancersa.org.au/uploads/sunsmart/SS\\_ECC\\_Policy\\_Guidelines.pdf](https://www.cancersa.org.au/uploads/sunsmart/SS_ECC_Policy_Guidelines.pdf)

#### **Resources**

[www.sunsmart.org.au](http://www.sunsmart.org.au)  
[www.bom.gov.au/uv](http://www.bom.gov.au/uv)  
[www.myuv.com.au](http://www.myuv.com.au)

Cancer Council Helpline 13 11 20