



SUN PROTECTION

SKIN PROTECTION POLICY

POLICY STATEMENT

Our Skin Protection Policy has been developed to ensure that all children, employees and visitors attending Mount Gambier Children's Centre are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

The policy is in place from 1 September until 30 April and when the UV radiation level is three and above at all other times of the year.

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. 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 - this is when it is strong enough to cause damage to unprotected skin.

Cancer Council SA recommends that particular care should be taken between 10.00 am – 3.00 pm, when the UV radiation levels are at their highest.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During cooler months, when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the Mt Gambier Children's Centre skin 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.

OUTDOOR ACTIVITIES

The service will ensure all sun protection measures are applied to children and staff while outside during all of Term 1 and 4 and also during term 2 and 3 when the UV level is 3 or above.

- Sun protection includes shade, hats, protective clothing and sunscreen.
- The UV levels can be checked daily at the Bureau of Meteorology website (www.bom.gov.au/weather/uv), the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) website (www.arpansa.gov.au/uvindex) and in many newspapers.

SHADE

Outdoor activities will be planned to occur in shaded areas.

- Children will be actively encouraged to use shade for outdoor play activity.
- Outdoor activities will be planned to occur in shaded areas.
- Activities and portable equipment are moved as the shade moves throughout the day.

The service will provide and maintain adequate shade for outdoor play.

- Educators will assess where and when shade falls throughout the day and year, to plan outdoor activity
- Use both natural and built shade
- Regularly review and monitor the quality and condition of all shade options, as part of quarterly outdoor safety inspection
- Conduct a shade audit in term 1 (a process that assesses how existing shade is used at a centre and makes recommendations for additional shade or better use of existing shade)
- Develop plans to address any shade deficits
- Give priority for shade development to areas where children play for extended periods

HATS

All children will wear a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside or on an excursion.

Caps will be not allowed at the centre.

- Parents will provide recommended SunSmart hats for children.
- Staff will ensure children are wearing a SunSmart hat when outdoors or the 'no hat, play restrictions' policy will apply.
- A reminder note will be given to parents if their child doesn't bring a SunSmart hat.
- Hats are stored in the child's bag.
- A limited number of Spare SunSmart hats may be available at the service for children to borrow.

Children without the protection of recommended hats will remain protected from the sun.

Children who have left their hat at home, bring a baseball cap or refuse to wear a hat may:

- play indoors if staff ratios allow
- play on a verandah
- play in a shaded area
- wear spare hats available at the service, spare hats are to be washed after each child

CLOTHING

When outdoors, all children will wear SunSmart clothing that protects as much of the skin as possible. Loose fitting clothing and darker colours will be more comfortable and effective.

- Spare SunSmart clothing will be available at the service for children to borrow.
- A reminder note about clothing requirements will be given to parents of children who attend the service in non-SunSmart clothing.

SUNSCREEN

All children and staff will apply SPF30+ broad-spectrum water resistant sunscreen 20 minutes before going outdoors.

- The centre will provide minimum SPF 30+, broad-spectrum and water resistant sunscreen. Staff, children and visitors will use sunscreen.
- Parents are to supply sunscreen for children with sensitive skin or an allergy
- Parents are to apply sunscreen to their children at home before they attend the early childhood service or may apply the sunscreen supplied at the centre on arrival. Staff will apply sunscreen to children in the morning if needed e.g. when knowing that a parent has not applied sunscreen.
- Staff will ensure that sunscreen is reapplied to the children and themselves after lunch, at the start of the afternoon session.
- Sunscreen will be applied at least 20 minutes prior to sun exposure.
- Sunscreen will be applied by smearing over clean, exposed dry skin, leaving a visible film, so it is clear which areas have been missed.
- Sunscreen will be stored in a cool place, out of the sun
- Staff will monitor the expiry date of sunscreen and discard when out of date.

BABIES

Children under 12 months of age will not be exposed to direct sunlight, when the UV Index is 3 or above

- Staff will ensure that babies remain in dense shade when outside.
- Care will be taken to avoid babies' exposure to indirect or reflected UV radiation when they are in shaded areas by using SunSmart clothing and a hat, and placing them in the middle of the shade.
- SPF30+, broad-spectrum and water resistant sunscreen can be used on small areas of skin not covered by clothing (eg, feet and hands).

ROLE MODELLING

Staff, students, families and visitors will act as positive role models and demonstrate SunSmart behaviour when attending the service by:

- **wearing a SunSmart hat**
 - **applying SPF30+ broad-spectrum water resistant sunscreen**
 - **using and promoting shade**
 - **wearing SunSmart clothing**
 - **wearing sunglasses that meet the Australian Standard 1067.**
- Staff job descriptions will include SunSmart behaviour.
 - Staff are encouraged to provide their own SunSmart hats.
 - Hats that comply with sun protective guidelines will be available for staff, families and visitors to borrow. Hats are to be disinfected after use.
 - Sunscreen SPF30+ will be available for families and visitors.
 - Invitations to families to attend an event at the service will include reminders of the sun protection policy and its requirements.

EXCURSIONS

Sun protection will be considered when excursions are planned, particularly time of day and availability of shade.

- Time of day and availability of shade will be considered.
- Families will be reminded in notices and newsletters of specific sun protection requirements for excursions.
- Volunteers accompanying children on excursions will be given information on sun protection requirements.

EDUCATION

Sun protection is part of the learning program.

- Sun protection will be taught intentionally at the start of the year and incorporated regularly into the learning program.

INFORMATION

Sun protection information will be promoted to staff, families and visitors.

- Posters will be displayed and brochures will be available to staff, families and visitors.
- Sun protection information will be included in newsletters and excursion notes.
- Information and resources can be accessed through the Cancer Council

POLICY

The Sun Protection (Skin Protection policy) will be made available to staff, families and visitors.

- The Sun Protection (Skin Protection policy) will be displayed at the service.
- When enrolling their child, parents will be informed of sun protection, including clothing and sunscreen requirements.
- Staff will be familiar with all aspects of sun protection.

The policy is monitored and reviewed annually

- This policy will operate throughout the year and will be reviewed annually, based on information provided by the Cancer Council SA. www.cancersa.org.au

Sources

DECD Sun protection policies
Cancer Council SA

QUALITY AREA 2

STANDARD 2.3 ELEMENT 2.3.2

Policy 2009

Policy Review: 2013

Policy rewritten and updated: February 2015

Approved by Governing Council: 16 March 2015

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Name and signature of Director: Pauline Bosco