

## Sun Protection Policy

NQS: 2.3

Regulation 168 (2) (a) (i)

### Rationale

Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The 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. For much of South Australia, UV radiation levels are 3 and above every day from August to April - it is during these months that sun protection is necessary.

The Cancer Council SA recommends that **a skin protection policy be in place from the 1st of August until the 30th of April and when the UV radiation level is 3 and above, at other times.**

### Aims

The aims of Renmark 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.
- To maintain accreditation as a Sun Smart Centre.

### Implementation

This policy is in place during 1<sup>st</sup> August to 30<sup>th</sup> April and when the ultraviolet (UV) radiation level is 3 and above, at other times. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

The purpose of the policy is to ensure that all members of Renmark Children's Centre are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, children and parents of our Centre will use the following skin protection strategies:

1. Use the shade of trees, pergolas, umbrellas and shade structures whenever outdoors.

1.1 Tree planting will be organised at the service with priority given to any open space grassed area.

1.2 The sandpit and climbing log structure are covered with built shade structures.

1.3 The adequate provision of shade areas is a priority for the service.

2. Wear appropriate clothing which protects the skin.

2.1 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 5cm brim for children under 5 years of age and 6cms for older children and adults) whenever they are involved in outside activities. Baseball caps are not acceptable. The centre will have spare hats available. Children not wearing an appropriate hat will be expected to play in the shade.

2.2 Appropriate sun protection clothing is to be worn, including tops with collars and longer sleeves and longer style shorts, skirts and dresses. No singlet or midriff tops are allowed.

2.3 Children who do not have appropriate hats or clothing with them are asked to play in an area protected from the sun.

3. SPF 30 or higher broad spectrum, water resistant sun screen is supplied by the centre for children and staff use. Alternatively, families and staff are asked to supply their own sunscreen if required (please refer to medication policy).

3.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.

3.2 Sunscreen is applied 20 minutes before going outdoors and re-applied every two hours if outdoors.

3.3 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. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, for infants six months and older.

4. Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

4.1 Staff will be encouraged to role model appropriate Sun Smart strategies in all service activities.

4.2 Age appropriate information on sun protection will be included in children's programming.

4.3 Staff will be encouraged to keep up to date with new information and resources from The Cancer Council SA.

4.4 Information about the centre's Sun Protection Policy will be given to all new staff, children and families.

4.5 For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors.

4.6 Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the centre.

5. The Renmark Children's Centre Sun Protection Policy will be reviewed on a 2 yearly basis.

5.1 SunSmart behavior is regularly reinforced and promoted to the whole community (e.g. via newsletters, online App).

5.2 All families and staff members are informed of the policy.

#### **References:**

Cancer Council South Australia, <http://www.cancersa.org.au>

SunSmart early childhood policy guidelines, Cancer Council SA, January 2020

Department for Education Policy web link: [www.decd.sa.gov.au/policiesreg168](http://www.decd.sa.gov.au/policiesreg168)

The policy is reviewed biannually.

**Date Reviewed:** January 2021

**Review Due:** January 2022