



## Streaky Bay Children's Centre

# SUN PROTECTION POLICY

### Rationale:

Australia has one of 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 during childhood and adolescence is a major factor in determining future skin cancer risk.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above, 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.

In line with DECD and Cancer Council SA guidelines and this Centre's SunSmart status, this sun protection policy is in place from the 1<sup>st</sup> August until the 30<sup>th</sup> of April, and when UV radiation levels are 3 and above at other times. It is highly recommended that UV radiation levels are monitored, particularly during May and July as they still may be 3 or above.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. Sensible sun protection when the UV is 3 and above does not put people at risk of Vitamin D deficiency.

### Aims:

The aims of the "Streaky Bay Children's Centre Skin Protection Policy" are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels are 3 and above.
- Personal responsibility for and decision making about skin protection.
- ensure families and new staff are informed of the centre's sun protection policy.

### Implementation:

This policy is for implementation in terms 1, 3 & 4. Outside of this time care should also be taken when the UV Index is 3 and above. To assist with the implementation of this policy, staff are encouraged to access the daily sun protection times via the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au).

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful UV radiation of the sun.

It is an expectation that all staff, students and parents of Streaky Bay Children's Centre Early Childhood Service will use the following skin protection strategies:

- 1. A combination of sun protection measures are used for all outdoor activities to protect the skin when the UV radiation level is 3 and above. Extra care should be taken during peak UV radiation times.**
  - 1.1 Lunch/snack is eaten in shaded areas
  - 1.2 Whenever possible outdoor activities will be rescheduled indoors or in the shaded areas of the service during peak UV radiation times.
  - 1.3 Daily sun protection times can be accessed via the free SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv)
- 2. Use the shade of trees and shade structures whenever outdoors.**
  - 2.1 Outdoor activities where possible will be held in shaded areas.
  - 2.3 The further provision of shade areas is a priority for the service.
- 3. Wear appropriate clothing which protects the skin.**
  - 3.1 Children and staff will be expected to wear a broad brimmed, legionnaire style, or bucket hat, that covers the face, neck and ears whenever they are involved in outside activities. Children not wearing an appropriate hat or clothing will be expected to play in the shade or to wear a spare hat provided by the centre.
  - 3.2 Appropriate sun protective clothing is to be worn E.g. Shirts or dresses with sleeves and high neckline or collar and longer style shorts/skirts (no singlet or midriff tops allowed).
- 4. Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+, 20 minutes before going outdoors for lunch or activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time.**
  - 4.1 Parents will be encouraged to apply sunscreen on their children as they arrive at the centre.
  - 4.2 Sunscreen is supplied by the centre for children's use.
  - 4.3 Sunscreen will be applied before the children's morning outdoor activities and again before they go outside in the afternoon when the UV is 3 and above.
  - 4.4 The use of wraparound sunglasses that meet the Australian standard 1067:2016 is encouraged (where applicable).
- 5. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.**
  - 5.1 Staff are required and families and visitors to the centre are encouraged to act as role models by practicing SunSmart behaviours including wearing appropriate hats, clothing and sunscreen, and seeking shade when outdoors.
  - 5.2 Educational activities and programs on a healthy UV balance to maintain adequate vitamin D levels and minimise skin and eye damage and skin cancer risk are included in the curriculum and planned experiences. To help maintain vitamin D levels, sun protection measures are not used when UV levels are below 3.
  - 5.4 SunSmart behaviour is regularly reinforced and promoted to the whole community via newsletters, website, handbooks, staff inductions and enrolment information.

- 5.5 Staff will be supported to limit time in supervision and teaching children in the outdoors as well as practicing SunSmart behaviours as a work health and safety preventative measure limiting occupational UV exposure.

## **6. Sun protection and babies.**

- 6.1 Our SunSmart practices consider the special needs of infants. Babies under 12 months are not exposed to the direct sun when UV radiation levels are 3 and above.
- 6.2 Babies 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.

## **7. The "Streaky Bay Children's Centre Sun Protection Policy" will be evaluated on a 3 yearly basis.**

- 7.1 The centre will review its sun protection policy and submit a copy to Cancer Council SA at least once every three years to ensure it is current and effectively implemented.
- 7.2 Policy issues will be discussed at staff and governing council meetings.

*Cancer Council SA, staff and Gov Council endorsement Dec 2020 / reviewed Dec 2022*