

## Sun Smart & Safe Clothing

As part of our Sun Smart Policy, children and staff are required to wear a broad brimmed hat and sunscreen whilst outside throughout the year, this is relaxed between the months of April and September.

The Centre will provide Sunscreen, which will be applied as required by staff in childcare. Parents of children attending Preschool are asked to apply sunscreen prior to coming to sessions. Staff will reapply if your child is attending a full day. Please provide your own sunscreen if your child has sensitive skin.

We encourage play in shady areas, especially between the hours of 11.00am and 3.00pm.

Children who forget their hats will only play in shaded areas.

In Preschool, children who do not have a hat may borrow a centre hat which will be washed at the end of the day. A note will be sent to the parent, asking that a hat be provided.

We also ask that your child wear clothing that protects their shoulders and necks , or they will be asked to play in the shaded areas.

## 2.19 TWCCC Skin Protection Policy

Sun protection is used on and between 1<sup>st</sup> August to 30<sup>th</sup> April, and whenever UV levels are 3 and above at other times.

This policy applies to all centre events on and off-site.

### Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

### Objectives

This Skin Protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the centre's Skin Protection policy.

### Legislation

This policy relates to the following National Law and Regulations:

- **Education and Care Services National Law Act 2010**
  - Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
  - Regulation 100 – Risk assessment must be conducted before excursion
  - Regulation 113 – Outdoor space–natural environment
  - Regulation 114 – Outdoor space–shade
  - Regulation 168: Policies and procedures (2)(a)(ii)–sun protection.

### National Quality Standards

All of the following SunSmart procedures link to:

- **Quality area 2: Children's health and safety.**

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

# Procedures

Staff are encouraged to access the daily sun protection times on the SunSmart app, or at [bom.gov.au/uv/index.shtml](http://bom.gov.au/uv/index.shtml) to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities **on and between the 1st August until 30th April** and whenever UV radiation levels reach 3 and above at other times.

Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

## 1. Clothing

### Quality area 2: Children's health and safety

When outside, children are required to wear loose fitting clothing that cover as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress (with thin straps) they need to wear a t-shirt/shirt over the top before going outdoors.

## 2. Sunscreen

### Quality area 2: Children's health and safety

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children's use, as well as a sensitive option. *If your child requires specialized sunscreen it is the responsibility of the family to provide this to the Centre.*

Sunscreen will be applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors. *Families are encouraged to apply before coming to the centre.*

With parental consent, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

## 3. Hats

### Quality area 2: Children's health and safety

All children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

Suitable hats are available for purchase at the front desk.

Children will not share hats while at the Centre, decreasing the risk of spreading head lice.

- Children who do not have appropriate hats or outdoor clothing (in times where needed) may be asked to play inside. The Centre does have some spare hats that can be given out at staff's discretion (note: This will not be done on a regular basis) If a child does not have a hat, a note will be put in the child's pocket to remind parents of the necessity of a hat.
- We encourage families to bring a hat to the Centre every day. However, in the months of May, June and July (when the UV is below 3) Children/staff may choose to wear a beanie, hoodie or no hat if they choose..

## 4.. Shade

### Quality area 2: Children's health and safety

### Quality area 3: Physical environment

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.

## 5. Babies

### Quality area 2: Children's health and safety

Our SunSmart practices consider the special needs of infants. All babies under twelve months are not exposed to the direct sun when UV radiation levels are 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.

## 7. Enrolment and information for families

### Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

- informed of the centre's Skin Protection policy
- asked to provide a suitable *named* hat for their child on day's their child attends
- asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)
- asked to provide SPF 30 or higher, broad spectrum, water resistant sunscreen for their child (if cannot use the Centre's)
- required to give permission for staff to apply sunscreen to their child
- families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.

## 8. Staff WHS and role modelling

### Quality area 5: Relationships with children

Staff will check the daily UV in the months of May, June and July each morning in order to adhere to determine if skin protection strategies are required.

As part of WHS UV risk controls and role modelling, when the UV radiation is 3 and above, staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

## 9. Education

### Quality area 1: Educational program and practice

### Quality area 5: Relationships with children

### Quality area 6: Collaborative partnerships with families and communities

- Sun protection is incorporated into the learning and development program.
- The Skin Protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and the centre's website.

## 10. Policy review

### Quality area 7: Governance and leadership

Management and staff monitor and review the effectiveness of the Skin Protection policy and revise the policy when required (at least once every two years).

Reviewed: July 2018

Date of next policy review: July 2020

Governing Council member's signature: \_\_\_\_\_

Director's Signature: \_\_\_\_\_