



Sun Protection Policy

Aim:

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

This sun protection policy has been developed to protect all children and staff at Maryland Care & Early Education Centre from the harmful effects of ultraviolet (UV) radiation from the sun all year round.

Legislative requirements / Sources:

Cancer Council NSW 2011 (www.cancerCouncil.com.au/sunsmart)

Department of Human Services Education and Care Services National Regulations (Reg 77: Health, hygiene and safe food practices)

Implementation:

Outdoor Activities

The centre will use a combination of sun protection measures at all times whilst engaging in outdoor experiences. We are aware that sun protection is of utmost importance when UV Index levels reach 3 and above.

Sun protection measures include:

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm(Eastern Daylight Saving Time) and during this period. Outdoor activity will be minimised during these times.
- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm UV Index levels are at their peak and sunscreen will be applied based on the UV index rating using the sun smart app.
- Hats will be worn at all times.
- In June and July when the UV index is mostly below 3, hats are still required, however sun screen will be applied as necessary.
- Daily checks of the UV rating by Educators in each room will be conducted.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and incursions.

Shade

Most outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns. At Maryland Care & Early Education Centre our outdoor play programs are designed to maximise both natural shade and artificial shade structures.

Maryland Care & Early Education Centre will provide and maintain adequate shade for outdoor play. Shade options include a combination of portable, natural and built shade. Regular shade assessments are conducted to monitor existing shade structures and assist in planning for additional shade.

Hats (also see Clothing policy & Staff Uniform policy)

Staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Legionnaire hat.
- Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm).
- Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Staff without their own hat for the day will be provided with a spare hat. This hat will then be washed at the end of that Educators shift.

Baseball caps or visors do not provide enough sun protection and therefore are not recommended

Children without a sun safe hat will be provided with a spare hat (spare hats are laundered daily) or asked to play in an area protected from the sun (e.g. under shade, veranda or indoors).

Clothing (also see Clothing policy & Staff Uniform policy)

When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.
- Sunglasses are also recommended by Cancer Council NSW for children and adults to protect eyes from UV radiation; however a broad brimmed hat can also substantially reduce the amount of UV radiation reaching children's eyes.

Children who are not wearing sun safe clothing will be provided with spare clothing during outdoor play periods.

Midriff, crop or singlet tops do not provide enough sun protection and therefore are not to be worn during outdoor play periods at any time of year.

Sunscreen

Parents are asked to apply sunscreen on arrival and note the time of application on the information sheet. Staff will reapply sunscreen as required and note the time.

Sunscreen is supplied by Maryland Care & Early Education Centre and is located in each classroom for children & staff. Children who require a different brand of sunscreen for medical reasons are asked to bring their own sunscreen labelled with their name. A letter from the child's parents needs

to accompany the request for their separate sunscreen application. A medication form will also need to be filled in by the parents. For safety reasons this is to be given to a staff member and not left in their child's bag. Sunscreen provided by parents will need to be SPF50+ broad-spectrum & water resistant (as per current sun safe recommendations).

All staff and children will apply SPF50+ broad-spectrum water-resistant sunscreen a minimum of 20 minutes before going outdoors and reapply every 2 hours (or as directed). Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. Babies under 6 months will wear sun safe hats and clothing. Babies between 6-12 months will wear sun safe hats; clothing and small amounts of SPF50+ broad-spectrum water-resistant baby sunscreen will be applied to their exposed skin.

Role Modelling

Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).

Families and visitors are encouraged to role model positive sun safe behaviour.

Education and Information

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted and available to staff, families and visitors. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart.

Review:

This policy is the intellectual property of Maryland Care & Early Education Centre and is created with consultation of staff and families attending the service. This policy is available in other languages upon request.

Reviewed: February 2016

Next Review: February 2018