



Bangalow Community Children's Centre
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Sun Protection Policy

Reviewed December 2017

Legislation:	Education and Care Services National Regulation 2011 Children (Education and Care Services National Law Application) Bill 2010 Occupational Health and Safety Act 2011
Key Resources:	Health & Safety in Children's Centres: Model Policies & Practices Sun Smart Early Childhood Program, The Cancer Council

Introduction

Australia has the highest incidence of skin cancer in the world and sun exposure during childhood significantly increases the risk of developing skin cancer and melanoma. Sand and concrete and water can reflect up to 85% of sunlight and intensify exposure to ultraviolet radiation. Children's centre staff and centres can play a vital role in the long term prevention of skin cancer and in teaching healthy sun habits to young children. UV radiation levels can be checked by going to www.bom.gov.au/weather/uv.

Goals

- Support the protection of children and staff from over exposure to the UV rays of the sun.
- Foster and promote positive attitudes towards sun protection.

Strategies

Outdoor Activities

Our Service will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. This will include:

- From October to March sun protection is required at all times. Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times (frequency) and the length of time (duration) children are outside.
- From April to September (excluding June and July) outdoor activity can take place at any time. However, from 10am – 2pm sun protection is required.
- In June and July when the UV index is below 3, sun protection is not required. Extra care is needed in northern NSW and for all children who have very fair skin.
- All sun protection measures (including recommended outdoor times, shade, hat, clothing and sun-screen) will be considered when planning excursions. Staff will consider Sun Protection as part of their Excursion Risk Assessment

Shade

All 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.

The Service will provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

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Hats

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).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

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

Clothing

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 or covered neckline.
- Longer style skirts, shorts and trousers

Parents/carers are encouraged to supply, and all children to wear, appropriate sun protection clothing.

Children who are not wearing sun safe clothing can be provided with spare clothing or play in an area protected from the sun.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

All staff and children will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Families are requested to apply SPF 30+ broad-spectrum water-resistant sunscreen to their children each morning.

Staff will be aware that sunscreen should be applied to clean, dry skin,. Ensure hygiene by applying sunscreen with a tissue - one for each child or observing the child correctly applies sunscreen themself.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

Role Modeling

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 SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.

Wearing sunglasses that meet the Australian Standard1067 (optional).

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

Education and Information

Sun Safe learning programs for children, educators, families and visitors will implemented regularly with updates made available to all.

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Education and Information

Sun protection will be incorporated regularly into learning programs. Sun protection information will be promoted to staff, families and visitors.

Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmar

Policy Availability

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors.

National Law

167 Protection from harm and hazards

National Regulations

100 Risk assessment for excursions

113 Outdoor space-natural environment

114 Outdoor space-shade

168 Policies and procedures (2)(a)(ii) – Sun protection

National Quality Standard

2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EYLF

Outcome 3 Children are confident and involved learners

Children take increasing responsibility for their own health and physical wellbeing

Evaluation and Review:

This policy will be reviewed based on regulatory requirements or when the need arises.

Family and staff feedback will be considered in the review process. Changes in legislation, regulations, NQF and standards will be considered.

Any changes to this policy will be communicated to families and staff.

The center's sun protection policy will be submitted every three years to the Cancer Council for review to ensure continued best practice.

Related Information

Refer to the Cancer Council's guidelines and website www.cancercouncil.com.au/sunsmart

Bangalow Community Children's Centre

The **Sun Protection Policy** has been read, understood and reviewed by:

[illegible]

Bangalow Community Children's Centre

Comments on Sun Protection Policy

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