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Sun Protection Policy

Legislation and References:

- Education and Care Services National Regulations 2011
- Education and Care Services National Law 2010
- National Quality Framework 2011
- National Health and Medical Research Council - www.nhmrc.gov.au
- NSW Department of Health - www.health.nsw.gov.au
- Cancer Council website www.cancer.org.au
- NSW Cancer Council Website <http://www.cancerCouncil.com.au/>

Introduction

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.

Goals

- Mullumbimby Community Preschool will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.
- Mullumbimby Preschool will continue to be a *SunSmart* service.

Strategies/Practices6

Our sun protection strategies are:

Outdoor Activities

Quality Area 2 - Children's Health and Safety

The service will use a combination of sun protection measures whenever **UV Index levels reach 3 and above**. (When the number gets to 3, we protect against UV) This will include:

- 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.

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

Shade

Quality Area 2 - Children's Health and Safety

Quality Area 3 - Physical Environment

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. This will include maintenance of fixed shade sail structures, outdoor areas and trees. Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

Hats

Quality Area 2 - Children's Health and Safety

Educators, 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. Brims are Best

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

Quality Area 2 - Children's Health and Safety

When outdoors, educators, 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.

A spare set of clothing and underwear is essential as well as a spare T-shirt or C-shirt for water play. All clothing should be clearly labelled with the child's name.

Children who are not wearing sun safe clothing can be provided with spare clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended. (Also see Clothing and Footwear Policy)

Sunscreen

Quality Area 2 - Children's Health and Safety

Children and staff will have access to SPF30+ broad-spectrum water-resistant sunscreen. Parents are to apply their own child with sunscreen, we advise this to be done 20 minutes before going outdoors. Parents will apply sunscreen due to skin allergies, eczema, etc. Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Role Modelling

Quality Area 5 - Relationships with Children

Educators and 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 Standard 1067 (optional).

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

Education and Information

QA 1 - Educational Program & Practice

QA 5 - Relationships with Children

QA 6 - Collaborative partnerships with Families & Communities

Sun protection education will be incorporated regularly into learning programs.

Sun protection information will be promoted to all staff, families and visitors.

Further information is available from the Cancer Council website

www.cancercouncil.com.au/sunsmart.