

# Sun Safety Policy

## RATIONALE

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.

## AIM

*KAZ Early Learning Centre's* sun protection policy has been developed to protect all children, staff and visitors from the harmful effects of ultraviolet (UV) radiation from the sun.

## PROCEDURES

Educators/Staff will ensure the following strategies are implemented:

### Outdoor Activities

The centre 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 (daylight savings time) 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.

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

### 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 should be conducted to monitor existing shade structures and assist in planning for additional shade.

### Hats

Educators/Staff, children and visitors are required to wear sun safe hats that protect their face, neck and ears.

To maintain consistency, *KAZ Early Learning Centre* requires SunSmart hats to be worn outdoors at all times throughout the year. In colder months beanies may be worn under or over SunSmart hats.

A sun safe hat is a :

- Legionnaire style 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).

Baseball caps or visors do not provide enough sun protection and therefore will not be permitted.

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 centre owned hat.

### **Clothing**

When outdoors, staff children and visitors 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.

Children who are not wearing sun safe clothing will be provided with suitable spare centre owned clothing.

Midriff, crop or singlet tops do not provide enough sun protection and therefore will not be permitted.

### **Sunscreen**

Educators/staff and children will apply SPF 30+ broad spectrum, water resistant sunscreen to exposed skin, 20 minutes before outdoor activity and reapplied every two hours where outdoor activity is continual throughout the day.

Educators/Staff will ensure that cross contamination does not occur when sunscreen is applied. Educators/staff will teach and supervise older children applying their own sunscreen and apply sunscreen to younger children with gloves or individual cloths.

On enrolment, parents/guardians will give written permission for educators/staff to apply the services sunscreen to a child. If the child is unable to use the service sunscreen parents/guardians must provide an alternative to be kept at the service for their child. If a child presents with an allergic reaction to the service sunscreen the service will stop applying the sunscreen, notify the family and request that a hypoallergenic sunscreen be supplied by the family for the child to use.

Sunscreen will be stored in a cool, dry place and the use-by-date monitored; discarding all out of date sunscreen.

### **Sunglasses**

Educators/staff who wish to do so, may wear sunglasses which meet the Australian Standards AS/NZS 1067:2003 with a category number 2, 3 or 4. Sunglasses not labelled with Australian Standards codes or with a category number of 0 or 1 are considered fashion spectacles and do not provide adequate protection against UV radiation.

Educators/staff are required to remove the sunglasses whilst speaking to children in order to maintain eye contact with the child.

### **Role Modelling**

Educators/staff will act as role models and demonstrate sun safe behaviour at all times 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.

### **Maintaining hydration levels**

To minimise the risk of dehydration during outdoor play and hot weather educators/staff will ensure children maintain hydration levels by providing children with and encourage them to access water at all times throughout the day regardless of indoor or outdoor play settings.

### **Education and Information**

Educators/staff will incorporate Sun Safe awareness within both the planned and spontaneous program.

Educators/staff will inform families and visitors taking part in outdoor activities at the service of KAZ ELC's Sun Smart Policy and procedures.

Educators/staff, families and visitors will have access to KAZ ELC's Sun Safe policy. On enrolment parents/ guardians will be provided with KAZ ELC's sun safe requirements.

Educators/staff, families and visitors will be provided with information on sun protection through newsletters, brochures and displays etc and where possible information will be translated into families' home languages.

### **Review**

Management and Educators/staff will monitor and review the effectiveness of the sun protection policy regularly. The centre's sun protection policy must be submitted every three years to the Cancer Council for review to ensure continued best practice.

This Service agrees to enforce the above sun protection policy in line with the SunSmart Early Childhood Program recommendations and to inform the Cancer Council NSW of any changes to the centre's policy and practices.

**Name**

**Title**

**Signature**

**Date**

**KAZ ELC Related Policies and Procedures:**

Clothing Policy

Enrolment Policy Agreement

**Sources:**

The Cancer Council New South Wales.m [www.cancerCouncil.com.au](http://www.cancerCouncil.com.au)

The Cancer Council NSW. *Sun Smart childcare: A guide for Service providers.* Sydney.

<http://www.cancerCouncil.com.au/sunsmart>

The Cancer Council NSW, NSW Department of Health. (2005). *Shade for Child Care Services.*