**SUN PROTECTION 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

Barham Preschool’s sun protection policy has been developed to protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

**Relevant Early Childhood Professional Standards:-**

* Education and Care Services National Regulations 2011: 168
* Link to National Quality Standard: 2.3.2; 7.3.5
* Quality Area 2 : Children’s Health and Safety

**Goals – What are we going to do?**

* Barham Preschool will follow best practise guidelines to protect children, family members, educators and staff from the damaging effects of sun exposure.
* Our centre will become a SunSmart centre.

**Our sun protection strategies are:**

Outdoor Activities:

The centre will use a combination of sun protection measures whenever **UV Index levels reach 3 and above (as per the bureau of meteorology forecasts).** 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 will 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 mostly below 3, sun protection is not required. Extra care will be taken for all children who have very fair skin.

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 centre will provide and maintain adequate shade for outdoor play. Shade options will include a combination of natural and built shade. Shade assessments will be conducted regularly by staff throughout outdoor sessions to monitor existing shade structures and assist in planning for additional shade.

Hats:

Staff and children are required to wear sun safe hats that protect their face, neck and ears. Only the below mentioned alternatives are acceptable:

For Children -

* broad-brimmed hats with a brim size of least 6cm
* Bucket-style hats with a brim size of at least 5cm with
* Legionnaire hats

For adults –

• Broad-brimmed hats with a brim size of at least 7.5cm

• Bucket-style hat with a brim size of at least 6cm and a deep crown.

• Legionnaire hats

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

Children without a sun safe hat will be either provided with one (to be returned after laundering) or asked to play in the sun protection area under the veranda or inside under supervision.

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

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 allowed.

Sunscreen:

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

We ask that parents apply sunscreen to their children prior to coming to preschool in the morning and the staff will reapply sunscreen to the children prior to and during outdoor play, if necessary.

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

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 to staff, families and visitors. Information from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) will be used in our education programs.

**Policy Availability**

The sun protection policy, updates and requirements (including hat, clothing and sunscreen) will be made available to staff, families and visitors in the information booklet and in the policy book (sign in table). Key elements of this policy will be appropriately advertised at high risk times and reinforced with parents and staff at regular intervals.

**Review**

Management and staff will monitor and review the effectiveness of the sun protection policy regularly. The centre’s sun protection policy will be submitted every two years to the Cancer Council for review to ensure continued best practice as per the Cancer Council’s guidelines.

|  |
| --- |
| Barham Preschool agrees to implement and 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** |

**Evaluation**

The Barham Preschool demonstrates SunSmart behaviours with the wearing of suitable clothing and application of sunscreen.

* Sun exposure is limited throughout the day in accordance with Cancer Council recommendations.
* The curriculum and program incoorporates sun safety awarness experiences.

**Legislative Requirements**

* Children (Education and Care Services National Law Application) Act 2010
* Education and Care services National Regulations 2011

**Sources**

* National Health and Medical Research Council – [www.nhmrc.gov.au](http://www.nhmrc.gov.au)
* NSW Depertment of Health – [www.health.nsw.gov.au](http://www.health.nsw.gov.au)
* NSW Cancer Council – [www.cancercouncil.com.au](http://www.cancercouncil.com.au)
* Community Child Care Co-operative(NSW)- [www.ccccnsw.org.au](http://www.ccccnsw.org.au)