

Sun Protection Policy

Our centre's Sun Protection Policy has been developed to ensure that all children and staff attending this centre are protected from potential skin damage caused by the sun's harmful ultra violet (uv) rays.

The centre requires children to wear hats that protect their face , neck , and ears , and wear protective clothing when ever they are outside. Legionnaire hats , bucket hats with a 5cm brim or broad brim hats are all acceptable forms of protection . Caps are not enough protection from the suns harmful rays . Children who do not have hats will be asked to play indoors or wear a centre hat (the centre has "spare" hats and protective clothing) - washed daily for these instances. Parents will be reminded if their child forgets their hat. Protective clothing will also be encouraged during outdoor play. Clothing should cover as much skin as possible, including shoulders back and stomach. Clothing with collars and sleeves that cover the shoulders and chest and longer style skirts and shorts are all "sun smart" .Singlet tops or tops with straps are NOT "sun smart" and are discouraged.

Our service will provide both legionnaire and bucket style hats with the centre logo on them for the parents to purchase. We sell these for the price that we buy them for, so that they are affordable to the families. Staff are supplied with bucket hats at the centres expense.

The centres outdoor play area will be designed so that there is sufficient shade for the children. A variety of different types of shade will be created both natural and man made. Outdoor activities will be timetabled before 11 a.m and after 3 p.m October - March (daylight saving time) and before 10 a.m and after 2 p.m April - September (non daylight savings times).Please see timetables /daily routine . As per the guidelines from the cancer council - In the months of June and July the children can go outside at anytime of the day. The Authorised Supervisor must check each day that the uv index (in our area) is less than 3. The website to go to is www.bom.gov.au/weather/uv Children can wear beanies outside these months. It is not necessary for the children to wear sunscreen (providing the index level is less than 3) in these 2 months, but we believe it is good practice to continue the whole year with applying sun cream, so as not to confuse the children.

Our centre will use 30+ sunscreen bought from the cancer council. It must be 30+ broad spectrum and be water resistant. Sun Each room will have their own sunscreen to keep in the outdoor box. Sunscreen must not be stored in the sun or left in the car , as it will diminish it's effectiveness.

Staff will act as role models by wearing a broad brimmed hat , applying sunscreen 20 minutes before outside time and engaging / interacting with children in activities in the shade. Staff will teach children to apply their own sun screen (to avoid cross infection issues) and this will be done 20 minutes before they go outdoors, and reapplied every 2 hours for maximum effectiveness. Lessons and activities regarding skin care and ways to protect our skin from the sun will be incorporated into the weekly program. Songs and poems will be used to reinforce these life long lessons. Outdoor activities will be set up in the shaded areas, and moved as the sun moves so that children understand the importance of playing in the shade, also staff and visitors will be protected.

On excursions the parents will be given a note on sun protection on excursions, and a note will be put in the foyer as a reminder. Sun screen will be applied 20 minutes before we leave to all children and staff. Protective clothing will be checked also, and children will be changed into appropriate clothing if necessary. Shade and times of day will be an integral part of planning our excursion destinations and there will not be lengths of time where children or staff are in direct sunlight . Shade will always be sought and staff will discuss at staff meetings sun protection on these days. Sun screen will be reapplied every 2 hours while on excursions also. Prior to our excursions the staff and children will discuss "sun smart "practices for on the excursion.

Parents will be educated on this sun protection Policy . Posters , signs and brochures will be made available in the foyer .The policy will be posted in the foyer with the latest "sun smart" newsletters ,and latest facts on skin protection.

Management and staff will monitor and evaluate the effectiveness of this sun protection policy regularly and update in conjunction with families as necessary . The changes will be documented , dated ,and sourced. Our centre will apply to become a "sun smart" service , and the staff will read

the sun smart news letters (and sign off on them) and we will discuss issues raised in these newsletters at our staff meetings. Our timetables/daily routines will reflect the guidelines recommended by the cancer council.

Sourced from -Cancer Council information www.cancerCouncil.com.au

- Sun smart magazine - Winter 2007
- Summer 2006
- Winter 2006