



SUN PROTECTION POLICY FOR CHILDCARE

Rationale

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. The damage done to the skin from even one episode of overexposure to the sun can never be repaired.

Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our sun protection policy is followed from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above.

Aim

Park Orchards Learning Centre Inc. Sun Protection policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun.

Strategies

- All children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above. Particular care is taken between 10 am and 2pm (11m and 3pm daylight saving time) when UV Index levels reach their peak during the day.
- Park Orchards Learning Centre sun protection practices consider the special needs of infants. Babies under 12 months are kept out of the direct sun.

Outside Play

The committee of management of Park Orchards Learning Centre ensures there is sufficient shelter and trees providing shade in the playground.

Childcare workers will encourage children to play in the shaded areas within the playground.

Children who do not have appropriate hats or outdoor clothing will be asked to play in the shaded areas only, or be loaned a hat from the Centre. (These are washed after each session)

Protective behaviours and practices for outside activities

Hats - Children are required to wear hats that protect their face, neck and ears. i.e. legionnaire, broad-brimmed or bucket hats. (see below). **Please note:** Baseball caps do not offer enough protection and are therefore are not recommended).

Clothing - The requirements are loose fitting clothing that covers as much skin as possible. Tote with elbow length sleeves and if possible, collars and knee length or longer style shorts and skirts are best. **Please note:** Singlet tops do not offer enough protection and are therefore not recommended).

Sunscreen – SPF 30+ broad spectrum, water resistant sunscreen is available for both staff and children's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours when outside.

The childcare educators will act as role models by –

- Wearing sun protective hats and clothing.
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun.
- The sun protection policy is re-enforced through staff and children's activities, and displays on noticeboards.

When a child is enrolled into childcare

- Parent's will be informed of the Sun Protection Policy.
- Asked to provide a suitable hat for their child.
- Asked to provide SPF 30+, broad spectrum, water resistant sunscreen for their child.
- Permission will be given to the childcare educators to apply the sunscreen.

Review

Management of the Park Orchards Learning Centre monitor and review the effectiveness of the sun protection policy every two years and revise the policy when required.

Next policy review will be in May 2013.

Examples of appropriate hats

