



Sun Protection 2.14

Policy

MacKinnon Parade Children's Centre manages children's exposure to ultraviolet radiation (UV) exposure. Over exposure can cause skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in future skin cancer risk. Conversely, low vitamin D is a result of too little UV exposure. Vitamin D is essential for healthy bones, muscles, and general health.

Procedure

The service will ensure that families, employees and children are mindful of and carefully implement all relevant procedures pertaining to sun protection.

General

The service uses a combination of the sun protection measures outlined in this policy for all outdoor activities from the **beginning of September to the end of April** and whenever the **UV Index levels reach 3 and above**. This policy also applies to the service when children, employees, students and volunteers are off-site.

All babies under 12 months are kept out of direct sunlight when UV levels are 3 and above.

Educators will visit http://www.arpansa.gov.au/uvindex/realtme/adl_rt.htm to access the current local UV rating. On enrolment, the enrolling parent will be required to give consent for sunscreen to be applied as per the procedures detailed within this policy.

Shade

Outdoor areas are shaded where possible to protect children from overexposure to UV from the sun.

Children are encouraged to use shaded areas outdoors.

Educators will set-up experiences in shaded areas where possible.

Clothing

Children and Educators are encouraged to wear clothing to protect them from the sun when outside

- Clothing that covers as much skin as possible
- Clothing made from cool, tight woven fabric
- Tops with elbow length sleeves and if possible collars and knee length or longer style short and skirts
- If a child is dressed in a singlet top or dress they will be required to wear a t-shirt/shirt over the top before going outdoors.

Hats

All children are required to wear hats that protect their face, neck and ears. The service provides broad-brimmed bucket hats for a small fee. Alternatively families can supply their child a hat that complies with sun protection practices. Baseball or peak caps and visors are not considered a suitable alternative and will not be permitted. The service will automatically provide a hat for a child if they haven't had one supplied that meets requirements. The small cost will be applied to the family's account.



Sunscreen

SPF 30 or high broad spectrum, water resistant sunscreen is available for children, employees and visitors' use. Sunscreen will be applied at least 20 minutes before going outdoors. Sunscreen will be re-applied every 2 hours when outdoors. With parental consent children with very dark brown or black skin are not required to wear sunscreen to assist with their vitamin D requirements. From 3 years of age children will be encouraged to apply their own sunscreen under supervision of Educators.

Sunglasses

Children are encouraged to wear *wrap around* style sunglasses that meet the Australian Standards, where practical. Educators and visitors should consider wearing sunglasses while outdoors due to Work, Health and Safety (WHS) requirements.

Work, Health and Safety

As part of our WHS requirements, when outdoors all employees are required to:

- Wear sun protective hat, clothing and sunglasses
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen, and;
- Seek shade whenever possible
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Families and visitors are also requested to follow the requirements detail in this policy.

References:

National Quality Standards (NQS)

Standard 2.1	Each child's health and physical activity is supported and promoted.	
Wellbeing and comfort	Element 2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
Health practices and procedures	Element 2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
Healthy lifestyle	Element 2.1.3	Healthy eating and physical activity is promoted and is appropriate for each child.
Standard 2.2	Each child is protected.	
Supervision	Element 2.2.1	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
Incident and emergency management	Element 2.2.2	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.
Child protection	Element 2.2.3	Management, educators and staff are aware of their roles and responsibilities to identify and respond to every child at risk of abuse or neglect.

Websites

- Resources for childhood, sunsmart.com.au
- UV rating http://www.arpansa.gov.au/uvindex/realtme/adl_rt.htm

Review

This policy will be reviewed annually/ Version 3- revised last in Oct 2018 / originally created June 2015