

BEECHWORTH COMMUNITY CHILDCARE CENTRE

SUNSMART POLICY

Associated Policies: Clothing Policy
OHS Policy
Nutrition Policy

Original: 04/12/08
Reviewed: December 2010
Revised: March 2014
Ratified by: Parties
involved: Staff Parents,
Children, and other
professionals.

Legislation:

Education and Care Services National Law Act 2010 Section 167
Education and Care Services National Regulations 2011 Regulations
113,114,168 (2) (a) (ii)

National Quality Standard Quality Area 2: Children's Health and
Safety, Standard 2.3: Each child is protected, Element 2.3.2: Every
reasonable precaution is taken to protect children from harm and
any hazard likely to cause injury

Occupational Health and Safety Act 2004

Location: POLICY MANUAL - Health & Safety - Children

This Policy satisfies the following:

Relevant Documents / Links

Child Wellbeing and Safety Act 2005 (Vic) (Part 2: Principles for
children)

National Early Years Learning Framework (EYLF)

Victorian Early Years Learning and Development Framework
(VEYLDF)

Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade
Areas (Oct 2011)

Get Up & Grow: Healthy eating and physical activity for early
childhood (Section 2) 2009

Radiation Protection Standard for Occupational Exposure to
Ultraviolet Radiation (2006)

Safe Work Australia: Guidance Note for the Protection of Workers
from the Ultraviolet Radiation in Sunlight (2008)

AS/NZS 4486.1:1997 - Playgrounds and Playground Equipment Part
1: Development, installation, inspection, maintenance and operation
Shade/Sun Protection

POLICY STATEMENT:

Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year. There are four factors, often occurring simultaneously, which contribute to these statistics:

- The population is predominantly fair skinned;
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population;
- For most of this century social values have supported the belief that a suntan is healthy and attractive;
- Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

CONSIDERATIONS:

Philosophy - The aims of this Sun Protection Policy are to promote among children, staff and parents:

- Positive attitudes toward skin protection;
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths;
- Personal responsibility for and decision making about skin protection;
- Awareness of the need for environmental changes in Child Care Centres to reduce the level of exposure to the sun.

PROCEDURE:

IMPLEMENTATION STRATEGY

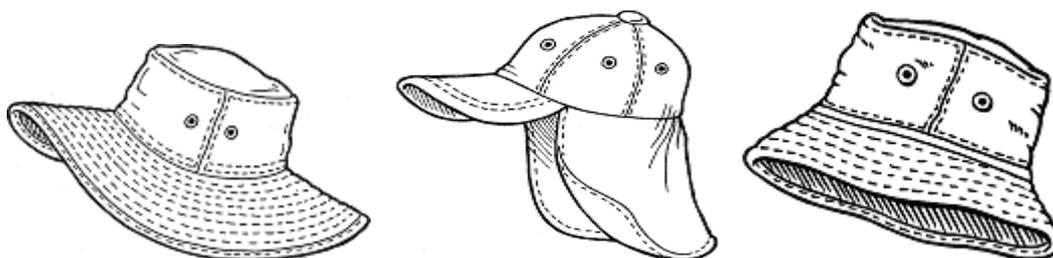
The purpose of this policy is to ensure that all children attending our Centre are protected from skin damage caused by harmful ultraviolet rays of the sun throughout the year.

The Sun Protection Policy will be implemented between the months of September to the end of April or whenever the UV Index levels reach three or above' and NOT just during these months and other times at the discretion of the staff.

The sun screen provided at the Centre will be of a 30+SPF (sun protection factor) rating broad spectrum and water resistant.

As part of general skin protection strategies:

- Children will wear broad brimmed hats which protect the face, neck and ears when outside. These types of hats provide excellent protection from the sun: Children will wear one of these recommended hats, see picture.



Broad-brimmed hat

Legionnaire hat

Bucket hat

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made cool, cool densely woven fabric is recommended. Tops with elbow lengths sleeves, and if possible, collars and knee length or longer style shorts and skirts for best protection from the sun rather than sleeveless tops such as singlets.
- Outdoor activities will be held in shaded areas whenever possible.
- Outdoor activities will take place before 10.00am (11.00 am daylight saving time) and after 2.00pm (3.00pm DST) whenever possible.
- Apply a SPF 30+ broad spectrum, water resistant sunscreen.

The management committee will:

- Ensure that there is sufficient number of shelters and trees providing shade in the outdoor area.
- Conduct a shade audit regularly to determine the current availability and quality of shade.

The Centre will:

- Incorporate sun and skin protection awareness activities into the learning and the development programmes.
- Provide sun screen to be applied to children 20 minutes prior to each period of play outside.
- Ensure babies under twelve months of age will be kept out of the sun. When outdoors they are to be dressed in clothing that protects them from the sun and wear a hat at all times. A small amount of sun screen may be applied to exposed areas of the skin but this will be avoided where possible.
- Provide a hat if a hat has been forgotten. If no hat is available then child will wear a spare hat supplied by the centre or will be unable to play outdoors.
- Supply a broad brimmed hat or contribute \$10-00 towards the purchase of an appropriate hat for each staff member, which will be left at the Centre and worn when outdoors.
- Provide information to staff and families on sun protection and vitamin D through family newsletters, noticeboards and the service website.
- Access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times (Wangaratta Ultraviolet (UV) Index Forecast) to assist with the implementation of this policy.
- Ensure hydration practices are followed - see Nutrition Policy.

Staff and educators will act as role models by:

- Wearing protective hats, clothing and sunglasses when outside.
- Using a SPF 30+ broad spectrum, water resistant sunscreen whenever possible.
- Seeking shade whenever possible.
- Assisting children to be responsible for their own sun protection.
- Following the SunSmart Policy and the Wangaratta Ultraviolet (UV) Index Forecast.

When enrolling their child parents will be:

- Informed of the Sun Protection Policy;
- Asked to provide a suitable hat, i.e. broad brimmed hat for their child's use at the Centre.

- Or may request that their child wear a hat all year round if they wish.
- Informed that sun screen will be applied 20 minutes prior to each period out of doors.
- Informed that babies under twelve months of age will be kept out of the sun. When out doors they are to be dressed in clothing that protects them from the sun and wear a hat at all times. A small amount of sun screen may be applied to exposed areas of the skin but this will be avoided where possible.
- Or may be asked to provide sunglasses (optional). Where practical, children are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.
- Asked for a parental consent if their child with naturally very dark brown or black skin are not required to wear sunscreen to help with vitamin D requirements.
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. that cover the shoulders and chest, upper arms and legs)
- Strongly encouraged to dress their children in shirts with sleeves or tops with elbow lengths sleeves, and if possible, collars and knee length or longer style shorts and skirts for best protection from the sun rather than sleeveless tops such as singlets.
- Informed if a child is wearing a singlet top or dress they wear a t-shirt over the top before going outdoors.
- Asked to provide SPF 30+ broad spectrum, water resistant sunscreen for their child if the child has their own sunscreen.
- Required to give permission for staff to apply sunscreen to their child.
- Encouraged to practise Sunsmart behaviours themselves when at the service.

Review

The committee of management, the centre, educators and staff will monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every two years).

Reference:

SunSmart Victoria <http://www.sunsmart.com.au/>