

SKIN PROTECTION POLICY

Policy Statement:

For children to develop positive lifestyle attitudes and practices when playing in the outdoor environment they need to understand the processes and importance of effective sun protection. Educators role-model and promote sun protection practices with consideration to Cancer Council Australia and SA recommendations and ACEQA regulations (NQS). The Centre is committed to regular maintenance and improvement of outdoor spaces to reduce levels of direct sun exposure and prevent heat related illness.

Centre staff for Work Health and Safety and role modelling are required to set an example to children by always wearing hats, sun protective clothing and sunscreen whilst outside when the UV is 3 and above and will schedule outdoor activities to avoid UV peak times of the day and set up in shaded areas wherever possible.

This policy applies from 1 August through to 30 April and any time UV is 3 and above at other times. When the UV level is below 3, sun protection is not required to help with maintaining winter vitamin D levels. A combination of sun protection measures are considered when planning outdoor activities such as excursions and water-based activities.

Procedure:

- Children are requested to be dressed in shirts with collars or higher necklines and elbow length sleeves. It is recommended that clothing should cover shoulders, arms and protect the back of the neck. We ask that children do not wear clothing with singlet straps or sleeveless tops. Children are also requested to be dressed in longer style shorts, dresses or pants and rash tops or t-shirts for outdoor swimming activities.
- Babies under the age of 12 months will be kept out of direct sun and be protected from UV radiation by clothing, hats and shade. If a baby is well protected then sunscreen will only be used occasionally on very small amounts of their exposed skin, for infants 6 months and older.
- The Centre will provide SPF 30+ or higher, broad spectrum, water resistant sunscreen unless otherwise noted on the child's enrolment form. Should children be sensitive to the Centre's brand of sunscreen, parents will be requested to provide an alternate sunscreen for their child's individual use that is SPF 30 or higher, broad spectrum and water resistant.
- Childcare staff will apply sun screen 20 minutes before children go outside, both morning and afternoon using hygienic procedures. This applies from the months of August to April and when UV is 3 and above at other times to ensure children are protected when the UV levels are damaging. When the UV level is below 3, sunscreen will not be applied but other sun smart procedures will be followed.
- We encourage parents to apply sun screen to children who attend childcare and kindergarten before arrival. All children will be checked before morning outside play and sunscreen applied if not applied before arriving and again before they go outside in the afternoon. Staff will apply SPF 30+ or higher, broad spectrum, water resistant sunscreen 20 minutes before going outside. Sunscreen will be reapplied every 2 hours when children are playing outside.
- Children aged 4-5 will be encouraged to be involved in the application of sunscreen with assistance from staff.
- Children, staff and parents will be expected to wear a broad brimmed hat or legionnaire style hat whenever they are involved in outside activities. Wide brimmed hats with the McKay logo are available to buy from the Centre.

- o The Child Care Room will have spare hats for children but strongly encourage parents to provide a hat each day. These spare hats will be washed daily and air dried. Children without a hat on will be required to play in the shade or indoors.
- o Kindergarten and OSHC children must have their own hat or outside play will be restricted. A reminder note regarding a hat will be put in a child's bag, communication book or bag
- Parents/Guardians are to provide a hat for each child, clearly marked with their child's name.
- Educators will act to minimise the sharing of hats between children to prevent the spread of head lice, impetigo and ringworm. Children will keep their hats in hat pockets on the decking or in their bag to limit sharing of hats.
- It is not necessary to wear protective hats and sunscreen during the months (May to July) on days when the UV is below 3 to maintain Vitamin D in these months. Children are expected to wear warm hats during these months e.g. beanies.
- Parents and visitors attending centre run activities will be encouraged to role model SunSmart behaviours by wearing a hat, sun protective clothing and sunscreen.
- Parents/Guardians with babies will be encouraged to dress them in clothes that cover as much skin as possible, as well as an appropriate hat.
- Spare clothing will be kept at the Centre for use, which children may be changed into if they come inappropriately dressed. Parent/Guardians will be verbally reminded or a note sent home about dress requirements if they had to be dressed in sun protective clothing from the Centre. OSHC children who do not have appropriate outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Outdoor activities will be held in shady areas whenever possible when UV levels are above 3. Children will be encouraged to utilise shaded areas for play.
- Staff will maximise the use of shade by moving portable play equipment as the shade moves during the day.
- Children will be encouraged to drink water throughout the day.
- To help maintain winter Vitamin D, sun protection measures are not used when UV levels are below 3
- Staff will provide information and experiences to make the children more aware of sun safety.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and SeeSaw Ap.

Management and staff monitor and review the effectiveness of the Sun Protection policy and revise the policy when required (at least once every three years).

Sources:

- Cancer Council Australia and Cancer Council SA
- Education and Care services National Regulations (section 4.3-114)

Record of Policy Adoption and Amendments:

Policy reviewed in conjunction with Sun Smart rating 2020.

Approved Governing Council: Jan 2021

Reviewed:

Date	Amendments	Reviewed by:	Approved by:
09/22			