

EIKOH SEMINAR AUSTRALIA PTY LTD

SUN PROTECTION POLICY

Aims:

- * To promote positive attitudes towards skin protection.
- * To introduce lifestyle practices that will reduce the incidence of skin cancer.
- * To increase the awareness of skin protection.
- * To ensure children attending are protected from skin damage caused by ultraviolet rays of the sun throughout the year.
- * Our centre will follow best practice guidelines to protect children, family members, educators and staff from the damaging effects of the sun.

Implementation:

General Skin Protection Strategies

NOTE: All sunscreen provided by the centre will be Cancer Council minimum SPF30+. Our centre will use a combination of sun protection measures whenever UV index levels reach 3 and above. This will include:

October-March

- Sun protection is required at all times.
- Minimise outdoor activity between 11am and 3pm (daylight savings).
- Sunscreen will be applied to all children at least 20 minutes before going outside.
- Children will wear hats when outside.
- Children not wearing hats will play in shaded areas (verandah/sandpit).
- Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- Sun and skin protection awareness will be incorporated into the teaching program.

April-September

- Outdoor activity can take place at any time during the day.
- Sun protection is required between 10am and 2pm.
- Warmer hats i.e. beanies are allowed by the centre during June and July only when the UV index is mostly below 3.
- Extra care is needed for all children who have fair skin.
- The UV index will be checked and recorded daily using the Sunsmart App.

All sun protection measures (including recommended outdoor times, shade, hat, clothing and sunscreen) will be considered when planning excursions and activities.

Shade

All outdoor activities will be planned to occur in shaded areas. Our centre will provide and maintain adequate shade for outdoor play. This will include a combination of natural, portable and built shade. Shade assessments will be conducted regularly to monitor existing shade structures and assist in planning additional shade.

Hats

Educators, staff and children are required to wear sun safe hats that protect their face, neck and ears. A sun safe hat is:

- Legionnaire hat,
- Bucket hat with a deep crown and brim size of at least 5cm (Adults 6cm)
- Broad brimmed hat with a brim size of at least 6cm (Adults 7.5cm)

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda, or indoors) or will be provided with a spare hat.

Clothing

When outdoors educators, staff and children will be encouraged to wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline
- Longer style skirts, shorts and trousers

Whilst we encourage children and families to follow our sun protection policy, we also respect individual's clothing choices. When children wear clothing which does not provide adequate protection from the sun i.e. singlet tops, particular care will be taken to ensure that they play in shaded areas outdoors and if available spare clothing will be provided. Discussions will be held with families regarding appropriate sun safe clothing.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

Staff will apply minimum SPF30+ broad spectrum water resistant sunscreen 20 minutes before going outdoors to all children and provide monitoring and assistance to those who are able to apply their own i.e. older preschoolers. Staff will reapply this sunscreen to the children every 2 hours. Sunscreen is stored in a cool, dry place and the use by date is monitored.

Babies

Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. They will wear sun safe hats and clothing and small amounts of SPF30+ broad spectrum water resistant sunscreen will be applied to their exposed skin.

Role Modelling

Educators and staff will act as role models and demonstrate sun safe behaviour by:

- Practising skin protection behaviours such as wearing a sun safe hat (see hats) and protective clothing when outdoors (see clothing).
- Using and promoting shade.
- Discussing sun safe practices as part of the children's everyday learning program.

Families and visitors are encouraged to role model positive sun safe behaviours. Families will be informed of the centres Sun Protection Policy and requested to give permission for the centre to apply SPF30+ broad spectrum water resistant sunscreen to the children via the enrolment form. Families will be encouraged to provide their children with sun safe hats (see hats) and sun safe clothing (see clothing) for play in the outdoor environment.

Sun protection will be regularly incorporated into the learning programs. Sun protection information will be promoted to all staff, children, families and visitors.

Applications of sunscreen will be entered into the centre's App for each child.

**Source: NSW Health and Cancer Council Sun Smart Program
NSW Department of Health – www.health.nsw.gov.au
National Health and Medical Research Council – www.nhmrc.gov.au
Community Child Care Co-operative (NSW)
Education and Care Services National Regulations 2011
National Quality Standard**

Date: April 2020

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