



Sun Safety for Children and Staff

Policy:

Australia is acknowledged to have the highest incidence of skin cancer in the world, particularly amongst the young adult population. Research has found it is due to the harmful overexposure of ultraviolet rays from infancy. It is therefore vital that protection and education commences from birth. Too little UV from the sun can lead to low vitamin D Levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health.

- Stepping Stones Child Care Centre Symonston is committed to ensuring protection of harmful effects from exposure to the sun and ultraviolet radiation whilst at the centre and at any events organised by the centre.
- Stepping Stones Child Care Centre Symonston ensures that all children and staff maintain a healthy UV exposure balance.
 - Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
 - Encourage safe UV exposure whenever UV Index levels are below 3.
- Stepping Stones Child Care Centre Symonston believes in a duty of care and education regarding the harmful effects associated with over exposure to the sun's ultraviolet radiation.
- In Canberra, UV levels are 3 and above for part of or most of the day between August and May. Particular care is to be taken between 10am and 2pm during this period, this includes minimising outdoor activities and events as much as practicable possible between 11am and 3pm during daylight savings.
- To ensure that children have adequate exposure to Vitamin D during June and July when radiation levels are 'low', faces, arms and hands need to be exposed to the sun for 2-3 hours per week. The Cancer Council does not recommend sun protection during June or July (when daily UV levels are under 3).

Procedure:

- Centre staff will ensure that all children and staff will wear hats when outside, that offer effective ultraviolet protection (i.e. – legionnaires, wide brim (at least 6cm for children and 7.5cm for adults), bucket (at least 5cm for children with a deep crown). Children and staff are also required to wear clothing that covers as much as possible with collared shirts providing the best sun protection. Infants are to be covered by adequate clothing and a hat, have a small amount of sunscreen applied because of the sensitivity of their skin.
- Staff will ensure that the children's and their own skins is protected with a minimum 30+ broad spectrum, water resistant sunscreen at all times during risk to avoid harmful ultraviolet

rays. The described sunscreen will be provided for both staff and children to use and will be applied approximately 20 minutes before morning outdoor play and then reapplied before going outside again in the afternoon, and reapplied every two hours if outdoors.

- Babies under the age of 12 months should be kept out of direct sun exposure. Sunscreen need only be applied to those exposed areas not already covered by clothing or hats.
- Staff will be required to adopt a combination of the sun protection measures, as an example of role modelling to the children and as an Occupational Health and Safety measure. Stepping Stones Child Care Centre supplies staff with appropriate sunhats and access to sunscreen, these hats must be worn at all times when in the outdoor play areas.
- If parents supply their child with sunglasses that are wrap around and or are close fitting (that meet AS 1067-EPF 10 is best), Stepping Stones Child Care Centre staff will ensure children wear them whilst engaged in outdoor play.
- Shade sails have been included in the layout of the playground, children are to be encouraged to play in the shaded areas at all times. A shade structure has been erected over each climbing apparatus to shade the equipment from the sun and heat. A roof shades the footpath going around the entire building in the backyards, this area is used for craft activities, stories, meals thus; children can enjoy being in the outdoor environment, yet shaded from direct sun.
- Staff will ensure there is appropriate shade at the centre or will be committed towards developing shade and planting trees for the future.
- Excursions and outdoor play will be scheduled to minimise time in direct sun. Particular care is taken between 10.00am and 3.00pm when UV levels reach their peak during the day.
- Sun safety education is featured in our fortnightly programs, discussions and experiences. Staff do this through the use of stories, programs, routines, games and role modelling. Information about sun safety will be included in centre newsletters for parents.
- Staff are required to attend training that promotes Sun Safety.
- This policy is implemented from the start of August until the end of May each year, we then follow Cancer Council ACT'S winter guidelines during June and July by not enforcing sun protection behaviour. (Staff are asked to check UV index to ensure the UV is below 3)
- Staff check the internet (recommended site from Cancer Council ACT) to check the UV index for each day. http://www.bom.gov.au/products/UV/Canberra_NSW.shtml
- Children may wear beanies from 1st June until the 31st July (or when UV levels are low).
- In the instance that children have not brought hats or the appropriate clothing, we have spare hats and clothing available to ensure all children can participate in valuable outdoor play. If the centres spare hat and clothes supply is exhausted, the children without hats or suitable clothing will be required to play indoors or under shaded areas.

- The Sunsmart message is positively reinforced and promoted amongst families and staff throughout the year via noticeboards, newsletters, new enrolments, staff meetings, information nights and the website etc.
- Our Centre's Sun Safety for Children and Staff Policy is reviewed in consultation with staff and parent committee members at least annually and in consultation with the Cancer Council ACT every two years.
- This policy will be updated to meet high national Sunsmart standards. Policy review points will be included in this policy.

And remember: ✓**Slip** on Sun protective clothing ✓**Slop** on SPR30+ broad spectrum sunscreen ✓**Slap** on a hat (not a cap) ✓**Seek Shade** ✓**Slide** on some sunnies (that meet AS 1067) and take extra care between 10am-3pm when UV levels peak.

Source:

Cancer Council ACT
Phone: 6257 9999 or 13 11 20
www.actcancer.org.au

Bureau of Meteorology
For daily UV index
www.bom.gov.au

Succeed Consultancy
www.succeedconsultancy.com.au

This policy links to the following CCQA Principles:

Quality Practices Guide (2005) - Principle 1.2, 1.6, 2.1, 3.2, 4.1, 5.1, 5.5, 6.5, 7.3 & 7.4

Developed: September 2006
Last Reviewed: 17.12.2009
To be Reviewed: December 2010

This policy was reviewed in consultation with Staff and Parent Committee Members current at November 2009.