



Subject: SUN PROTECTION POLICY	Policy No: ELC 07 – Version 2
Covers: COLLEGIATE ELC, OSHC AND KINDERGARTEN	Effective: December 2018
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Sun Protection

Policy

Overexposure to ultraviolet radiation (UV) during childhood is a major factor in determining future skin cancer risk.

Collegiate Early Learning Centre (ELC), Outside School Hours Care (OSHC) and St Michael's Collegiate Kindergarten will support children, educators and others associated with the service and School to implement a combination of sun safe practices whenever the UV Index is 3 or above. In Tasmania, this is predominately between September – April.

A healthy balance of UV exposure is important for overall health and bone development; The implementation of appropriate sun safe practices is a simple and effective way to reduce the risk of developing skin and other cancers.

Procedure

Where the UV Index reaches 3 or above, a combination of sun protection measures must be implemented to maintain a healthy UV exposure balance and support children (and others) to be responsible and aware of their own sun protection.

Collegiate ELC, OSHC and Kindergarten will verify the UV Index daily. The UV Index may be verified via a reputable source that provides live and forecasted UV levels such as:

- Cancer Council SunSmart App;
- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA);
- Bureau of Meteorology;

The UV Alert Index will be used as a tool to support a safe environment for children, educators and others associated with the service. As UV levels can change throughout the day and may be affected by wind, rain, cloud cover and other weather conditions, the UV Index may be reviewed during the day also.

When the UV Index is 3 or above, the following sun safe practices will be implemented:

Sunscreen

Collegiate ELC, OSHC and Kindergarten will ensure a broad spectrum, water resistant SPF30+ sunscreen is readily available to children, teachers, educators and others (e.g. students on practicum placement, volunteers) at all times the UV level is 3 or above.

Where parents provide a child's individual sunscreen, the sunscreen must be in the original container, be clearly named, be nut free and be a broad spectrum, water resistant SPF30+ sunscreen.

Teachers, educators, students on practicum placement and volunteers will actively role model the use of sunscreen and other sun safe practices.

To encourage sun safe practices, children will be encouraged and supported to apply their own sunscreen (broad spectrum, water resistant SPF30+ sunscreen). Sunscreen will be applied 20 minutes before going outdoors and reapplied every two hours afterwards, as required (i.e. during excursions) to any areas of the body that cannot be protected by clothing (e.g. face, ears, back of hands).

Where a teacher or educator applies sunscreen to a child, the teacher/educator will ensure the sunscreen is hygienically applied (e.g. washing hands before and after applying sunscreen or using a pre-moistened disposable wipe).

It is recommended to use at least one teaspoon of sunscreen for each limb, front and back of the body and half a teaspoon for the face, neck and ears. The incorrect application of sunscreen (i.e. not enough) may result in only 50 – 80% of the protection stated on the product. Sunscreen should never be used to extend the time spent in the sun.

Where a child is not permitted to wear sunscreen, a written statement from a registered medical practitioner, outlining the reasons why, is required. This record will be maintained in a confidential manner with the child's enrolment record.

Shade

The availability of shade will be considered in the planning of outdoor activities and experiences. Children will be encouraged to use shaded areas during peak UV times. Both natural (e.g. trees) and man-made shade structures (e.g. shade sails, verandahs) will be utilised. Stationary experiences (e.g. sandpit) will be available within shaded areas.

When excursions and regular outings are planned, potential changes in weather and temperature will be taken into account. Where possible, teachers and educators will ensure the availability of adequate undercover or enclosed areas to protect children from the sun and/or inclement weather.

Clothing

When engaged in the outdoor environment, children, teachers, educators, students on practicum placement and volunteers are encouraged to cover as much skin as possible, with garments that hold an ultraviolet protection factor (UPF) rating where possible.

Loose fitting, tightly woven garments, such as cotton or linen; knee length or longer style shorts, elbow length sleeves (or longer) and collars to protect the nape of the neck are encouraged.

Hats

All children, teachers, educators, students on practicum placement and volunteers are required to wear a broad-brim, bucket or legionnaire style hat to protect the face, head, neck and ears. Children's faces are exposed to the damaging effects of UV radiation everyday and ears, temples, lips and the nose are among the most common parts of the body for skin cancers to develop later in life. The sun's rays don't just damage the skin, they can cause permanent damage to children's eyes. A sun safe hat not only protects a child's face, head, neck and ears, it can also reduce the amount of UV radiation reaching a child's eyes by 50%. Role modelling is a positive way in which teachers, educators and others can support children in understanding and implementing sun safe practices.

Parents are requested to ensure their child has an appropriate, named hat while attending Collegiate ELC, OSHC and Kindergarten. Although Collegiate may, from time to time, have spare hats, there is an expectation that each child will have their own, named, sun safe hat.

Where a child does not have an appropriate hat (broad-brim, bucket or legionnaire style) for their personal use, they will be supported to engage in experiences and activities that are located in appropriately shaded areas.

Sunglasses

Children are particularly sensitive to UV radiation and eye damage, and as such it is important to protect children's eyes. Where practical, children and teachers, educators, students on practicum placement and volunteers are encouraged to wear sunglasses to protect their eyes. Close-fitting wraparound sunglasses that meet the Australian/New Zealand Standard for sunglasses (categories 2, 3 and 4 AS/NZS 1067:2003) are recommended.

Role Modelling

Role modelling has the ability to shape the views, ideals and actions of others. Role modelling positive sun safe practices can support children and others in engaging in sun safe practices; taking ownership of the actions and engagement and developing a deeper understanding of the requirements and associated risks.

Role modelling may include (but is not limited to):

- Application of a SPF30+ broad spectrum sunscreen;
- Wearing a protective hat, appropriate clothing and sunglasses; and
- Seeking shade whenever possible.

Supporting Practices

The Sun Protection Policy and Procedure will be reinforced through implementation, discussions, relevant displays (including via the Parent Portal) and the inclusion of sun safe practices (including vitamin D requirements) within the program and curriculum.

The UV Index will be checked on a daily basis. Where the UV alert is 3 or above (i.e. predominately September - April); sun safe procedures will be implemented.

Vitamin D

Where the UV level is 3 or above, sun safe practices must always be implemented.

Vitamin D forms in the skin when it is exposed to UV from the sun. Vitamin D supports the maintenance of good health and strong, healthy bones and muscles. Children will normally receive enough vitamin D through their everyday activities and experiences. (Note: If outside for extended periods of time, sun safe practices are recommended to be implemented).

Being physically active (e.g. going for a brisk walk) also helps boost vitamin D levels.

Where a person is at risk of vitamin D deficiency (e.g. naturally dark skinned people may require additional UV exposure to produce adequate levels of vitamin D as the pigment in their skin reduces UV penetration; people who cover their skin for religious or cultural reasons or people taking particular medications) their doctor should be consulted for advice on whether they need to take a vitamin D supplement.

Permission for dark skinned children not to wear sunscreen is still required.

Babies and Toddlers

In addition to the above requirements, where younger children are outside and the UV level is 3 or above:

- Babies will be well shaded at all times;
- Shade covers will be used for prams and strollers;
- Sunscreen may be safely applied to any small areas of skin not protected by hats and clothing.

Note: Sunlight is not the best treatment for nappy rash or jaundice.

Relevant Policies and Procedures

- Enrolment and Orientation Policy and Procedure
- Excursion and Regular Outing Policy and Procedure
- Provision of a Child Safe Environment Policy and Procedure
- Staffing Policy and Procedure

Sources

- *Education and Care Services National Law*
- *Education and Care Services National Regulations*
- ACECQA
- Cancer Council
- Staying Healthy (5th Edition)