

SUNSMART POLICY

Rationale:

The Queen Elizabeth Community Childcare Centre aims to create and maintain safe, healthy environments, spaces and places which enhance children's learning. (Early Childhood Australia, Code of Ethics)

Australia has one of the highest incidences of skin cancer in the world, with two out of every three people developing some form of skin cancer in their lifetime. A UV radiation level of three is high enough to cause skin damage to unprotected skin, therefore it is important to protect skin when the UV level is three and above. The higher the UV radiation level - the greater the potential for damage to skin. UV radiation from the sun is both the major cause of skin cancer and the best natural source of vitamin D. A balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D is important for good health. To ensure a healthy balance sun protection should be used from the beginning of August until the end of April and whenever the UV index level reaches three and above. Current information indicates that at certain times of the year, when UV radiation is below three it is for the general population to leave hats and sunscreen off to ensure vitamin D levels are maintained. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun, and exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. Research suggests that too much UV radiation from the sun can cause skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin cancers are caused by overexposure to UV radiation, and therefore many skin cancers can be prevented by adequately protecting the skin from overexposure to damaging UV radiation.

Based on this information we believe children must be protected from over exposure to UV radiation.

Aims:

The aim of The Queen Elizabeth Hospital Community Child Care Centre Sun smart Policy is to promote among children, staff and families:

- Positive attitudes towards skin protection.
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Assist children to be responsible for their own sun protection.
- ensure families and new staff are informed of the Centre's SunSmart policy.

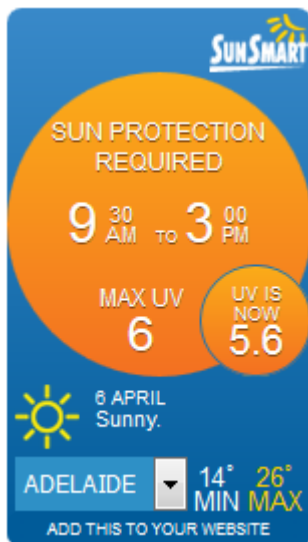
Procedure:

This policy is for implementation throughout the whole year with sun protection measures in place **from 1 August to 30 April and when the UVR level is three and above at other times.** Educators will check the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy. Daily sun protection times will be displayed on the noticeboard in the Staff room, each room and a visual indicator on our window in the foyer.

All members of The Queen Elizabeth Community Child Care Centre will use the following skin protection strategies:

1. Take extra care in the sun when UV levels are three and above.
 - 1.1 Outdoor activities will be set up in shady areas whenever possible.
 - 1.2 Children's routine will be structured so that exposure to direct sunlight will be minimized.
2. Use the shade of trees, Kindy Pergola, verandas, umbrellas and tents whenever outdoors.
(Regulation 114)
 - 2.1 The provision of shade areas will appear as a priority on any forward planning documents for the Centre.
 - 2.2 Babies less than 12 months will be kept out of direct sun, and protected by clothing, wraps and shade.
3. Wear appropriate clothing which protects the skin.
 - 3.1 Children, Educators and students will be encouraged to wear a hat whenever they are involved in outside activities. From 1 August to 30 April or when the UVR level is three and above they will be expected to wear a broad brimmed, legionnaire or bucket style hat. Children without a sun safe hat will be required to play in an area protected from the sun.
 - 3.2 Families are required to purchase a labelled hat for their child to use at the centre.
 - 3.3 Due to the risk of transmitting infectious organisms, such as head lice, children will be actively discouraged from sharing hats.
 - 3.4 On occasions when children are without their own hats they will be offered a spare hat or given the option of playing inside. All hats will be washed regularly.
 - 3.5 Children, Educators and students will be required to wear shirts with sleeves and collars, and high necked tops. Fabrics which are closely woven are recommended. Singlet style tops are not to be worn outside.
 - 3.6 When families are participating in Centre activities they will be expected to follow the same procedures.

4. Apply a broad spectrum, water resistant sun screen with an SPF of 30+ to clean dry skin twenty minutes before going outside. Reapply sun screen two hourly if outside for prolonged periods of time.
 - 4.1 The Centre will provide broad spectrum sun screen with a protection factor of 30+, unless the child is allergic then the parent will be required to supply a suitable alternative.
 - 4.2 On days when the UV level is three or above early in the morning parents will be encouraged to apply sun screen at home prior to their child arriving at the Centre.
5. Reinforcing the Sun smart message in all Centre activities and in general Centre procedure and routines is an important strategy in the adoption of skin protection behaviours.
 - 5.1 Educators will be expected to role model appropriate sun smart strategies by wearing hats, appropriate clothing and sun screen whilst outside.
 - 5.2 Educators will talk with children about sun safety and involve children in setting safety rules. (NQS 2.2.1)
 - 5.3 Educators will be encouraged to keep up to date with new information and resources through contact with Cancer Council SA and other appropriate authorities.
 - 5.4 All new families and Educators will be informed of the policy and the policy will be reinforced and promoted to families and Educators through means such as newsletters, posters etc.



11+	Extreme
8, 9, 10	Very High
6, 7	High
3, 4, 5	Moderate
1, 2	Low

References:

Cancer Council SA
 Education and Care Services National Regulations 2011
 National Quality Standard 2018
 Early Childhood Australia Code of Ethics 2016