

# Sun Protection Policy

## 1. Objective

Annie Dennis Children's Centre (ADCC) will ensure that all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun. This policy is followed from the **1<sup>st</sup> September until the 30<sup>th</sup> of April** when UV radiation is most intense in Victoria.

## 2. Definitions

**Staff:** Includes permanent, agency, casual, short and long term appointments.

## 3. Background

Too much exposure to UV radiation from the sun causes skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world.

## 4. Strategies

All children and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between **10am and 2pm (11am and 3pm daylight saving time)** when UV levels are 3 and above because that is when the sun can damage skin and eyes.

### 4.1. Shade

The Annie Dennis Committee of Management ensures that there is a sufficient number of shelters and trees providing shade in the centre. Children are encouraged to use available areas of shade when outside. Children who do not have appropriate outdoor clothing are asked to play in the shade or indoors. The availability of shade is considered when planning excursions and outdoor activities.

### 4.2. Clothing and Hats

Children are required to wear loose fitting clothing that covers as much skin as possible when playing outside. Tops with elbow length sleeves, and if possible, collars and knee length or longer shorts and skirts are best. Singlet tops and shoestring strap dresses do not offer enough protection and therefore are not permitted. Staff will ensure all children are dressed according to the guidelines as stated. Alternative

clothing eg t shirts will be provided if children are not adequately protected during outdoor play.

**September to April-** Children are required to wear hats that protect their face, neck and ears, i.e legionnaire, broad rimmed or bucket hats. ADCC will provide sun hats for children who do not have a hat which meets these guidelines. Baseball caps do not offer enough protection and are therefore not recommended.

**May to August-** UV levels are low so sun hats can be put away. During the winter months, it is recommended that faces, arms and hands are exposed to the sun for two to three hours over the week.

### **4.3. Sunglasses**

Whilst it is not compulsory, children and staff are encouraged to wear close fitting, wrap around sunglasses that cover as much of the eye area as possible, that meet the Australian Standard 1067:2003 and are marked eye protection factor (EPF)10.

### **4.4. Sunscreen**

SPF 30+, broad spectrum, water resistant sunscreen is available for staff and children's use. Staff will apply sunscreen on children at least 20 minutes before going outdoors and will reapply it every 2 hours. It is not used to extend time outside.

**Sunscreen and Babies-** it is best to keep babies and toddlers out of the sun or well protected using other forms of sun protection. The Australasian College of Dermatologists recommends the use of a sunscreen 'at any age when there is unavoidable exposure to the sun' and states that sunscreen is safe to use on babies.

### **4.5 Role modelling**

Staff act as role models by wearing sun protective hats, clothing and sunglasses when outside, applying SPF 30+ broad spectrum, water resistant sunscreen and seeking shade whenever possible.

### **4.6 Sharing information about sun protection**

ADCC staff share information about sun protection by:

- teaching the children about skin and ways to protect their skin from the sun
- reinforcing this policy through staff and children's activities and centre displays, and

- providing families with information on sun protection through newsletters and noticeboards.

#### **4.7 Family participation**

Upon enrolling their child, families are:

- Informed of this policy
- Asked to provide a suitable hat for their child, and
- Encouraged to be “sun smart” themselves when at the Centre.

The **Sun Protection policy** is linked to the *National Early Years Learning Framework*.

Outcome 3: children have a strong sense of wellbeing  
*Children take increasing responsibility for their own health and physical safety*

**Dated** 31 January 2007

**Next review date** July 2008

**Date** Approved by the COM 20 August 2008

**Next review date** August 2010

**Date** Approved by the COM 16 February 2011

**Next review date** February 2013

#### **References**

Sunsmart (Victoria) Early Childhood

- Sunsmart FAQs, Sunscreen page 1-2 (January 2009)
- Sunsmart FAQs, Sunglasses page 1-2 (January 2009)
- Sunsmart FAQs, From May, put hats away