



Sun Protection Policy

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of 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. This policy is followed at Buddies Early Learning Centre from the **beginning of September until the end of April** when UV radiation is most intense in Victoria.

Aim

Buddies' SunSmart policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun.

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 - 2pm (11am - 3pm daylight saving time) when UV levels reach their peak.

1. Shade

- The outdoor playground at Buddies incorporates a number of sheltered areas providing shade. These include two verandahs, the tropical thatched hut and the sandpit.
- The availability of shade is considered when planning any outdoor activities.
- Children who do not have appropriate outdoor clothing are asked to play in the shade or indoors.

2. Clothing

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves and collars are best. Knee length or longer style shorts and skirts are best.
- Singlet tops do not offer enough protection and are therefore not recommended.

3. Hats

- Children are also required to wear hats that protect their face, neck and ears.
- Buddies provides individual legionnaire hats for all children enrolled at the Centre.

4. Sunscreen

SPF 30+, broad spectrum, water resistant sunscreen is available for staff and children's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours. It is not used to extend time outside.

5. Role modelling

Staff act as role models by:

- wearing sun protective hats and clothing when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

6. Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun.
- The sun protection policy is reinforced through staff and children's activities.
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and meetings.

When enrolling their child, families are:

- informed of the centre / pre-school's sun protection policy
- informed that the centre will provide a suitable hat for their child
- informed that the centre will provide SPF 30+, broad spectrum, water resistant sunscreen for their child
- required to give permission for staff to apply sunscreen to their child
- encouraged to practice SunSmart behaviours themselves when at the centre

Review

Management and staff monitor and review the effectiveness of the sun protection policy on an ongoing basis and revise the policy when required.

Sunglasses [SUGGESTED]

Children and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.