POLICY STATEMENT
To ensure all children and educators at Deniliquin Children’s Centre are protected throughout the year from the sun’s harmful ultraviolet radiation (UVR). To promote sun safety and reduce exposure to UVR through a comprehensive approach considering sun protective behaviour, organisation of activities, the service’s outdoor environment and education of children, educators and families.

RATIONALE
Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early Childhood Services play a major role in minimising a child’s UV exposure as children attend during times when UV radiation levels are highest.

PROCEDURE
When this policy applies:
This policy applies all year round. A combination of sun protection measures will be taken whenever the UV index reaches 3 and above. The responsible person will ensure each day the UV index is recorded in their environment plan.

<table>
<thead>
<tr>
<th>Sun Protective behaviours</th>
<th>Implementation Strategies</th>
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<tbody>
<tr>
<td><strong>HATS</strong></td>
<td>Children must wear a Sun Smart hat when attending any of the services or on any excursions. A Sun Smart hat includes: - A broad brimmed hat with brim of at least 6cm (adults 7.5cm) - A legionnaire hat - A bucket style hat with brim of at least 5cm (adults 6cm) - If a hat is forgotten or a sun smart hat, families will be encouraged to purchase one of the Children’s Centre’s hats or can borrow a spare hat. A reminder note will be sent home (attached) - Hats with the Deniliquin Children’s Centre logo are to be available for families to purchase from the admin office.</td>
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| **CLOTHING**             | Families will be advised on enrolment and through newsletters of the requirement to dress children in sun protective clothing, i.e. shirts/ dresses with collars and sleeves, trousers or longer shorts/skirt, all made from closely woven material. - Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended. - If children attend the service inadequately dressed (for sun protection), spare Sun Smart clothing will be available at the |

Parents will be requested to dress children in clothing that gives protection from the sun.
service for children to borrow. A reminder note concerning clothing requirements will be sent home that day.

- **Sun Smart** shirts with the Deniliquin Children’s Centre logo are available to purchase from the administration office.
- Discussions regarding appropriate clothing for sun protection will occur within the educational program.

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**STAFF**

Staff will role model appropriate **Sun smart**
practices. Staff will wear:

- hats
- Sun protective clothing
- sunscreen and
- sunglasses (optional)

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**Sun smart** hats for adults include:

- a broad brimmed hat with brim of at least 7.5 cm
- a legionnaire hat
- a bucket style hat with brim size of at least 6cm & deep crown
- Wearing SPF30+ broad spectrum, water resistant sunscreen
- Clothing should be loose fitting with collars and sleeves to cover the shoulders, stomach and chest, trousers and longer-style shorts.
- Sunglasses that meet the Australian standard 1067.
- Staff, Families and visitors are encouraged to role model sun safe behaviour, including promoting and using shade.

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**SUNSCREEN**

SPF 30+, broad spectrum, water resistant sunscreen will be applied to all children and educators 20 minutes before each session of outside play.

- Families will be informed that sunscreen will be applied, where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen.
- Educators will supervise children in the application of sunscreen prior to each outside play. It will be applied in a way that avoids cross infection.
- Sunscreen will be applied very two hours.
- Sunscreen will be applied 20 minutes prior to excursions.
- Educator will monitor the expiry date of sunscreen and disregard when out of date and store in a cool dry place.

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**BABIES**

Children under 12 months of age will not be exposed to direct sunlight. Special care will be taken to avoid exposure to indirect UVR if babies are in shaded outdoor areas.

- Babies under 12 months will not be exposed to direct sunlight and are to remain in dense shade when outside. They will wear sun safe hats and clothing and small amounts of SPF30+ broad-spectrum water-resistant sunscreen may be applied to their exposed skin.

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**ORGANISATION OF OUTDOOR ACTIVITIES**

The services will consider the sun protection needs for the whole year.

- **October-March**: Service will minimise outdoor activity time between 11am and 3pm (daylight savings time) Sun protection is required at all times when outside.
- **April-September**: Service can plan outdoor activity at any time during the day. Sun protection is required between 10am and 2pm, except in June and July when the UV index is mostly below 3.
- Outdoor times will be held in shaded areas, and will be scheduled before and after peak UV periods of the day, where possible.
- Sun protection is incorporated into the planning of excursions in that time of day and availability of shade is considered.
A SHAD ED ENVIRONMENT

All outdoor activities will be planned to occur in shaded areas.

- Shade will be maximized by the provision of shade structures and shade trees, especially where children play for extended periods, e.g. sand pit.
- Play activities will be set up in the shade and moved throughout the day to take advantage of shed patterns.
- The service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.
- Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

EDUCATION

Sun safety messages will be promoted to educators, children and families.

- Sun protection policy will be incorporated into the parent information booklet, staff information booklet and parent newsletters and discussed during orientation of new families and staff.
- Sun protection will be regularly incorporated into the teaching programme and applied during excursions.
- Sun protection information will be available for educators and families

POLICY REVIEW

The Deniliquin Children’s Centre Sun Protection policy will be reviewed every two years.

- The policy will be reviewed with reference to current source material, e.g. NSW Cancer Council guidelines.
- The policy will be submitted to the Sun Smart Program every two years following a review.

LEGISLATIVE LINKS

Education and Care Services National Regulation
Regulation 168
Children (Education and Care Services National Law Application) Act
Mobile Service- Children (Education and Care Services) Supplementary Provision Regulation
Regulation 85
National Quality Area 2- 2.3.2
National Quality Area 7 -7.3.5

SOURCES

Cancer Council – New South Wales
National Health and Medical Research Council - www.nhmrc.gov.au
NSW Department of Health - www.health.nsw.gov.au

Attachments: Parent Reminder Letter